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SUPREME COURT, U.S.

IN THE

SUPREME COURT OF THE UNITED STATES

1983 Term

No. 82 6989

MILLICENT LINDEN,

Appellant,

- v. -

UNITED STATES GOVERNMENT
STATE OF NEW YORK
RANDOM HOUSE, INC.
ST. MARTIN'S PRESS & SIDI HESSEL
HARPER & ROW PUBLISHERS
DIAL PRESS & OLGA LEY

JURISDICTIONAL STATEMENT

ON APPEAL FROM THE COURT OF APPEALS FOR THE SECOND CIRCUIT & U.S.DISTRICT CT.SOUTHERN DIST. OF N.Y.

Millicent Linden
Plaintiff, Pro Se
500 East 74th Street
New York, N.Y. 10021

IN THE

SUPREME COURT OF THE UNITED STATES

1983 Term

No. 82 6989

MOTION FOR LEAVE TO PROCEED IN FORMA PAUPERIS

COME NOW the appellant, Millicent Linden, in pro se appearance, pursuant to Rule 53 (1) of the U.S. Supreme Court Rules and asks leave to file this accompanying JURISDICTIONAL STATEMENT in the SUPREME CURT OF THE UNITED STATES without payment of costs and to proceed in Forma Pauperis.

Your appellant has previously been adjudicated indigent, therefore, your appellant relies upon 28 U.S.C. section 1915 (a)

AFFIDAVIT IN SUPPORT OF PETITION FOR LEAVE TO PROCEED IN FORMA PAUPERIS

I, Millicent Linden, being duly sworn, according to law, depose and say that I am the petitioner in the abovetitled cause, and, in support of my application for leave to proceed without paying costs required to prepay costs of fees, state:

1. Because of my poverty, I am unable to pay the costs of said cause;

2. I am unable to give security for the same;

3. The nature of the cause is briefly stated as follows:

The issues inherent in the facts of issue in ALL COURT RECORDS affect public interest, and have national, and international significance.

Plaintiff is a published author of an entirely original work that goes directly opposite and is contrary to traditional practices in physical programs, both professional and non-professional fields.

Plaintiff has had two injuries inflicted, one by professional negligence, with deliberate, wilfull neglect following injury, (TEMPOROMANDIBULAR JOINT DYSFUNCTION-jaw joint injury) and the other, in the course of treatment for the first injury, did openly admit premeditated intent to inflict physical harm, in conformity to professional, traditional belief that no human body is or could be symmetrical and displaced with directobservation of plaintiff's original works, personally and with other patients.

Injuriess and copyright infringements occurred in happensance in one period, practically simultaneously; plaintiff was obliged to bear the burden of struggling to seek justice while severely disabled withlife-tjreaneening injuries.

In all court proceedings in all courtss, State (New York) and Federal (U.S. District Court, Southern District of N.Y. and "nd Circuit Appeals court) at no time has there ever been ANY RESPONSE TO ANY FACT OF ISSUE; instead, the very opposite took place, the actual FALSIFICATION OF DOCUMENTED FACTS IN ALL OFFICIAL COURT RECORDS BY ALL COURTS IN ALL CASES, having DISTORTIONS OF SUBMITTED papers.

In addition to denial of due process, deprivation of the most fundamental civil rights, life-threatening hazardds were further inflicted by each of the sitting benches in all lower and appeals courts.

The essence of our laws of the land and State is the right of the individual - above self-interests of court personnel, as one judge succinctly stated it: "GO TAKE UP SOME RELIGION, LAWYERS GOT TO LIVE With denial of the 14th Amendment of due process, plaintiff now argues violation of the 8th Amendment of curel and unusual punishmen

Millicent Linden

MATTHEW J. GILLICK
Notary Public, State of New York
No. 4513051
Qualified in Nassau County
Commission Expires March 30, 19

Supplemental Security Income
Notice of Change

C03

From: Department of Health and Human Services
Social Security Administration

Date: 05-27-83

MILLICENT LINDEN
SEE F 74 ST
APT 3A
NEW YORK NY 10021

Social Security Number:
113-10-9477 01

BEGINNING JULY 1983 THE AMOUNT DUE YOU WILL BE INCREASED.

THE AMOUNT DUE YOU WILL BE $365.21. THIS INCLUDES $60.91 FROM THE STATE OF NEW YORK.

THE AMOUNT DUE YOU IS BEING RAISED BECAUSE A NEW LAW PROVIDES FOR AN INCREASE IN SUPPLEMENTAL SECURITY INCOME PAYMENTS BEGINNING JULY 1983.

OUR RECORDS SHOW YOU HAVE NO COUNTABLE INCOME.

Important: See other side for an explanation of your appeal rights and other information. ▶

Form SSA-L8151-C1 (2-79) (Formerly SSA-8151)
Prior editions may be used until supply is exhausted

IN THE

SUPREME COURT OF THE UNITED STATES

1983 Term

No. 82 6989

MILLICENT LINDEN,

Appellant,

- v. -

UNITED STATES GOVERNMENT	(82 Civ.4683)
STATE OF NEW YORK	(82-7734)
RANDOM HOUSE	(82-7858)
ST. MARTIN'S PRESS etal	(82-7060)
HARPER & ROW PUBLISHERS	(82-7110)
DIAL PRESS ET al	(82-7061)

ON APPEAL FROM THE COURT OF APPEALS FOR THE SECOND CIRCUIT and the UNITES STATES DISTRICT COURT, SOUTHER DIST.of N.Y.

JURISDICTIONAL STATEMENT (TO ISSUE EXTRAORDINARY WRIT)

pursuant to this Court's Rule no.30 as authorized by 28 U.S.C. #1651 (a) for Sound Discretion of PUBLIC, NATIONAL, INTERNATIONAL SIGNFICANCE documented and justified in all PUBLIC RECORDS & OFFICIAL FILES

JURISDICTIONAL STATEMENT FOR EXTRAORDINARY WRIT BELONGS IN THIS COURT because the relief sought is not available in any other court and cannot be had through the appellate process, all other remedies being exhausted.

All original court records document the justification on the grounds that the issues therein have been denied any and all response to stated contentions, that the original records have actually been falsified by all sitting courts in all the submissions, and distorted beyond recognition of the T R U T H. In addition to falsification and distortion of TRUTH, the courts have actually added C R U E L and U N U S U A L pinishment deliberately and knowingly of the circumstances of disabilities from injuries and economic deprivation wherein the courts have imposed unreachable costs without warrant and entirelly illegally.

CITATIONS OF OPINIONS BELOW

Citations ofopinions below do not confomr to the original records; they consist of actual, literal, distortions and falsifications of the submitted contentions of the facts of issue in all cases before all the lower courts. The original records support the facts of falsifications, distortions and deliberate avoidance of the issues. What the lower courts have called "frivolous", "unreasonable", "without merit" are sought by International Universities as well as ordered by libraries across our Nation.

Some of the specifics are set forth herein as examples.

One example as to "citations", a recent request from the country of I R A N , "UNIVERSITY OF ISFAHAN" , by the director of " I N T E R N A T I O N A L and E D U C A T I O N A L S C I E N T I F I C R E L A T I O N S Department calls for plaintiff's original works, the very ones the lower courts have called "frivolous", "unreasonable", "ithout merit".

From the perspective of Western standards, Iran is looked upon as historic ally "backward" not conversant with the triumphs of modern technology and science, yet, a so-called "backward country" recognizes those very merits the lower courts have called WORTHLESS.

Firther, plaintiff's works are in the NEW YORK ACQDEMY OF MEDICINE, the UNITED NATIONS OUTERSPACE AFFAIRS DIVISION, as well as held in untold professional instutions across the Nation.

(Documents of above cited institions are annexed hereto)

The net effect of the lower courts' opponins is that the ACADEMY OF MEDICINE and the UNITED NATIONS are as"backward" as the country of IRAN in deeming plaintiff's works WORTHY of including them in their offices since the lower courts have deemed them "without merit".

Let it be noted that no court EVER responded to any contention

J U R I S D I C T I O N

When the issues and contentions are poven SERIOUS, fully documented in all original records, having PUBLIC GOOD inherent in said issues, protected by law, when the lawis applied on the basis of submissions and fuling on the facts and their merits from the submitted facts rather than on their falsifications and distortions by the courts, and having NATIONAL & INTERNATIONSL SIGNFICANCE, and when all avenues are exhausted in all courts, it is incumbent upon this Court to examine and rule on facts of issue and upon the violations of the 8th, 14th Amendments of the Constitation, the Civil Rights Acts of 1891, 1964, depriving plaintiff of due process, the right to redress Grievances accordinb to law of the land and state, and in the abuse of the powers conferred upon the positions of the courts, further aggravate the mayhem imposed upon plaintff who is disabled and penniless, by exacting costs impossible to meet, known to the courts, and even threatening furtner sanctions upon plaintiff with any more efforts to have the issues heard and ruled upon them as they are, in TRUTH.

(2nd Circuit Appeals and District court orders documenting curel and unusual punishment annexed)

Q U E S T I O N S P R E S E N T E D

The questions presented are fundamental to LAW & LIFE!

In our Consstitutional mandatess, the spirit of independence, of self-generated initiative is celebrated and protected.

In the courts, the spirit of the Constitution is cmoonly violated; it is commonly known that there is widespread, prevailing, permeating prejudice against pro se appearance; in itself, it would not be a major issue in the course of levalling factors a variety of outlets and circumstances. In the instant matfacts have taken the issues out of all tolerable propor-

Example, original court records document in open-court-transcript Judge Constance Baker Motley's admission to pro se prejudice.

Judge Motley does not know the difference between CONCAVE & CONVEX patterns of design, refuses technical, scientific papers, denies expert testimony, denies examination of witness/presentes and agreed upon, supporting plaintiff's arguments, refuses to hear the ramifications of the original pattern-designs against the traditional, commonly practiced, familiar pattern-designs, refues to rule on pattern designs in contention, rules on what is not infringed upon, denies plaintff the right to rest the case, denies plaintiff the right to resist defendant's Motion to dismiss, after four years of waiting for trial, having all pre-trial proceedings effected including pre-trial order, then proceeds to command only two hours for trial, hands out complete change of pre-trial order in her own brand of "order" and "issues" entirely apart from the received, accepted and planned arrangement for trial.

The DISTRICT COURT denied plaintiff fundamental rights to be heard; the Appellate court made no response to the documented violations of fundamental procedures and elementary facts of law, affirmed the lower court, and eventually threatened plaintiff with sanctions beyond the impossible costs awarding defendants brought to court on the same issues following the same pattern of refusing to respond to submitted contentions, refusing to rule on anything plaintiff presented, and applying the very same threats in the matter of the physical injuries malpractice cases and the legal malpractice, all replete with FALSIFICATIONS of original records.

F A C T - it is common practice to deny any pro se litigant any defalut judgement that would routinely be granted to any lawyer; three (3) judges denied plaintiff default where there was no appearance, eight (8) judges falsified the original records. the Appellate Term affirmed documented falsifications in the State courts, and the Appellate Division even gave advice opposition, and finding plaintiff within the requis'

denied plaintiff any hearing on "sua sponte", and "not that which had been determined previously as "appeal

C O N S T I T U T I O N A L PROVISIONS INVOLVED

1. VIOLATION OF THE EIGHTH (8th) AMENDMENT
2. VIOLATION OF THE FOURTEENTH (14th) AMENDMENT
3. ARTICLE THREE of the CONSTITUTION

1(a) CRUEL & UNUSUAL PUNISHMENT inflicted upon plaintiff without warrant, against all the documented facts of TRUTH justifying the right to be heard, causing plaintiff to live under the constant, ever-present of threat to existence itself in imposing and exacting sanctions plaintiff cannot meet by reasons of physical injuries and life-threatening effects compelling constant care, daily and all-day attention supported solely with disability allowance (document attached), having no independent means to meet any costs beyond the barest necessities, and with the courts' life-threatening sanctions jeopardizing even living expenses, food and shelter, there is also the residue of anguish, anxiety, even F E A R associated with a GESTAPO-like state of so-called "officers-of-the courts-&-law" ready to confiscate sole possessions of kitchen-ware, a bed with a wooden board bearing marks of rat-splinterings, a $75.00 piano, music literature, etc.,etc. of no value to anyone but plaintiff yet under the shadow of such threats.

2 (a) VIOLATION OF THE FOURTEENTH (14th) AMENDMENT:

no litigation has ever been conducted on the facts of issue in any and all COMPLAINTS in medical malpractice, (denied in State courts) legal malpractice (denied in State courts, for same reasons of pro se prejudice "GO TAKE UP SOME RELIGION, LAWYERS GOT TO LIVE" quote of Judge Seymour Schwartz reflected in all other sitting benches in actual facts of records) and each and every copyright infringement suit.

3 (a) ARTICLE THREE OF THE CONSTITUION

THE RIGHT OF DIRECT APPEAL in the matter of the UNITED STATES GOVERNMENT, holding the government responsible for the violations cited above, the threat of sanctions in the 2nd Circuits "order" precluding any appeal on the matters, copyright and medical and legal malpractice written in the rulings against the STATE OF NEW YORK (calling for Federal court guarntees of application of Constitutional laws) and RANDOM HOUSE copyright infringement action calling for recognition of UNARGUABLE FACTS of biology, physiology, physics, architecture geometry, anthropology, etc. unified in pl.'s original works into a practical system of application for public good.

STATEMENT OF THE CASE

Following are the named JUSTICES and COURTS having denied plaintiff DUE PROCESS and violation of CIVIL RIGHTS: in the service of the UNITED STATES GOVERNMENT, defendant herein:

1. JUDGE CONSTANCE BAKER MOTLEY
2. JUDGE VINCENT BRODERICK
3. JUDGE MILTON POLLACK
4. JUDGE JOHN M. CANNELLA
5. COURT OF APPEALS FOR THE SECOND CIRCUIT

LOCATED in the courthouse at Foley Square, New York, N.Y., UNITED STATES DISTRICT COURT FOR THE SOUTHERN DISTRICT OF NEW YORK & U.S. APPEALS COURT for the Eastern Seaboard.

in the matters of COPYRIGHT INFRINGEMENT and medical & legal malpractice specified below.

1a: Plaintiff v. DIAL PRESS & OLGA LEY; 74 Civ. 3685
2a: " v. HARPER & ROW PUBLISHERS, INC., 75 Civ. 1435
3a: " v. ST. MARTIN'S PRESS & SIDI HESSEL 79 Civ. 1914
4a: " v. RANDOM HOUSE, INC., 80 Civ. 5722
5a: " v. 1a; 2a; 3a; 4a (copyright infringement matters)&

STATE of NEW YORK (medical-legal malpractice judicial-court violations of law)

6. JUDGE SEYMOUR SCHWARTZ
7. JUDGE LESTER EVANS (Civil Court City of N.Y.)
8. JUDGE EDWARD GREENFIELD
9. JUDGE BRUCE WRIGHT (Supreme Ct., State of N.Y.)

6a: Plaintiff v. NATHAN NOVICK (chiropractor) Index No. 3568/75
7a: " v. NATHAN A. SHORE (jaw joint specialist) 1082/76
8a: " v. DAVID FOX & SAMUEL GRAFF (lawyers;6a) 42789/77
9a: " v. LENOX HILL HOSP.etal., Index No. 7164/81

in WHOLESALE FALSIFICATION OF OFFICIAL-documented facts

In the matter of J U D G E C O N S T A N C E B A K E R
M O T L E Y - (1)
DIAL PRESS & OLGA LEY - 74 Civ. 3685 (1a)

following are officially documented facts of falsifications and violations of the law in due process and civil rights:

A. denied right to rest the case due any litigant under law

B. denied right to rebut motion to dismiss " "

C. confused conCAVE & conVEX designs between litigants ascribing them incorrectly between plaintiff and defendant

D. refused to make corrections in pl.'s demands

E. refused to respond to scientific, technical proof of life and death difference to the living form in Pl.'s arguments supporting originality of designs

F. ignored argument of signfficance to public benefit in the lack of comprehension by infringers & court of the properties of the original D E S I G N S purloined without attention to transition patterns required and omitted in the purloinments for anticipated effects and results consistent originally

G. ruled on DESIGNS not claimed in contention as infringment

H. did not rule on DESIGNS in contention infringed upon previously acknowledged as having "similarities"

I. did not rule on verbatim quote

J. denied examination of defendant-infringer in trial time

K. denied testimony of witnesses for plaintiff present also

L. demanded radical pre-trial order at trial calendar call changed entirely from previously accepted pre-trial order with numbered and arranged exhibits not accepted

M. acknowledged pro se prejudice, in transcribed court minutes in personal appearance, from initial meeting in chambers, throughout pre-trial & trial proceedings

N. refused to recuse herself despite acknowledgment prejudic

COURT OF APPEALS FOR THE SECOND CIRCUIT did not know or recognize title of infringed upon publication, made no response to any contention, obviously did not read pl.'s BRIEF ON APPEAL revealed in all ORAL ARGUMENT APPEARANCES (3), remained silent in dialogue citing denial of resting case, etc. (items A-D) in response to critcism of pursing the same case repeatedly, (May 19, 1982) and threatened pl. March 31, 1983 in bringing any case to court on such matters, with threats of "pulling the trap door", "calling the Guard", calling pl. "friviolous", "unresonable" "having no merit" exacting DOUBLE costs to defendants in knowledge of pl.'s disabilities & penniless.

In the matter of JUDGE VINCENT BRODERICK (2)

HARPER & ROW PUBLISHERS, INC. - 74 Civ. 1435 (2a)

following are officially documented facts of violation of due process and falsifications of facts in the record:

A. did not rule on the contended DESIGN infringement

B. infringing authors admit in affidavit & testimony they did not originate the DESIGN in contention

C. infringing authors - physical therapists, Dorothy Voss & Margaret Knott - admit under oath that they are not able to perform the infringed-upon design, that they are considered in average health, that their services are dispensed in clinical, pathological conditions such as stroke, paralysis, accident victims, chronic & acute conditions, etc.

D. infringing authors, residing in Boston and California cite studies, researches & professional applications in sources of physical therapy literature having no resemblance to the infringed upon design noted and agreed by the bench, yet having the infringed upon design on the cover and contents of the infringing publication authored by them

E. defendant's witness, supervising therapist, testifies the infringed upon DESIGN is not in prof. literature

F. def.'s witness, ICD chief therapist, E. 24th St. N.Y.C. conducted study proving therapy students, healthy, average age 21 years old unable to perform the infringed upon DESIGN, acknowledged signature on notarization of study while attempting to deny the same study, (Theodore Corbitt) the trial bench asking Mr. Corbitt if defense attorney had paid him to appear as witness for the trial

G. Plaintiff's expert witness, Dr. Abelardo Paseiro, assistant physical medicine director, St. Vincent's Hospital, testifies the infringed upon design is not in the medical curriculum, not prescribed that all therapists must follow only prescribed systems

H. infringing authors admit only attending doctor can prescribe form of therapy, yet allege that the infringed upon DESIGN was meant for disabled, clinical pathological patients when the healthy therapists and students are unable to perform same

I. Judge Brodericak alleges infringing authors "arrived at the same DESIGN independently" but uses a different DESIGN in plaintiff's later publications with modifications of the principle pattern not in contention in the instant action, alleging he considered the fact but made no explanation for it.

ALL APPEALS AFFIRM THE FOREGOING IN THE LOWER COURT in 2nd CIRCUIT.

In the matter of J U D G E M I L T O N P O L L A C K (3)

ST. MARTIN' PRESS & SIDI HESSEL - 79 Civ. 1914 (2a)

following are officially documented facts o. violation of due process and deliberate denial of truth:

A. Denied all professional documentation in scientific literature, including excerpts from the famous NOTEBOOKS of Leonardo da Vinci summitted as support in arguing for the facts of issue and contentions

B. Imposed sujective opinion on "design" applied to human anatomy in organized systems of self-care, in open court, alleging that there are limits to the number of designs, that there is no room for anything "original" without hearing or seeing facts

C. Refused to hear facts of physics, Geometry, physiology, anthropology, etc. elementary and common to all of them, known but unobserved for application value, that the human species if the first upright stance in history of life on Earth and the only one with an interrupted line of the spine having convex curves where it is known to be the common weakness in all human structure in varying degrees, that all human beings, past and present follow the lines of weakness, that convex pattern-designs exaggerate those weakness and that all human spontaneiously and in organized designed-programs fall into the same designs holding weaknesses, that the TOTAL CONCAVE pattern-design is avoided deliberately by all (the slump-line as "BAD" for you, that in the traditional concepts, the convex lines close spaces in the vertebral column automatically limiting extent of reach and potential backbreaking while the historically and naturall unfamiliar CONCAVE original designs O P E N spaces between vertebrae and have no limitations on diversified originalities

D. Denied examination of infringing author, Sidi Hessel, at question of direction nose takes facing umbilical center (concave-forward) and direction away from same umbilical center (familiar backward-convex) when it was seen infringing author was not able to tell, either deliberably or in ignorance

E. Cast critcism in open court on absence of academic degrees in formal training, and acknowledged that the famous invention Edison had not gone beyond 8th Grade, that Leonardo da Vinci had no degrees

F. Writes following threat: (Motion for new evidence, to be heard on full merits): "In view of any further repetition of this claim concerning its litigation history, the court will constrained to impose sanctions, costs, fees, to bring an end to harassment"

2nd CIRCUIT APPEALS court makes no response to contentions-affirms.

In the matter of J U D G E J O H N M. C A N N E L L A (4)

RANDOM HOUSE, INC. - 80 Civ. 722 (4a)

following are officially documented facts of violation of due process mandates, Civil Rights laws, and deliberate intent to harm in violation of the EIGHTh AMENDMENT prohibiting cruel and unusual PUNISHMENT, ignoring facts of public significance inclusive of injury:

A. Denied request for court-appointed counsel

B. Never examined physical facts in evidence, left unopen infringed upon publication, openly admitted access (after having committed and caught in perjury) by defendant - with whom discussions were held privately

C. openly admired "arrows, instructions,"designs in defd' book as"THOUGHTFUL" while leaving the publication in contention holding original designs, instructions, ARROWS, etc. in the pristine condition direct from the presses, no signs of having been opened at all

D. Never made response to any fact of issue in contention

E. Never acknwoeldged the self-evident facts of differences between conVEX patterns in all traditional, conventional, familiar programs everywhere on Earth and the entirely N E W , original, UNFAMILIAR program and patterns of pl.'s original works exactly opposite in direction and in effects and results, the latter unprecedented, entirely protective of all LIFE, the historically traditional known to injure severely, seriously, even fatally in countless medical histories

F. In opinion of "order" cites as precedence against pl. item 1 and 1a, the matter of Judge Constance Baker Motley who could not recognize or know the difference between convex & concave curves, refused to make corrections, denied right to rest the case, the right to rebut motion to dismiss, etc.,etc.

G. Without examing the physical evidence and facts found in uncontested, proven laws in natural science, alleges "idea" is not copyrightable, distorts the contentions based on actual, physical D E S I G N S inall of pl.'s submissions, recent Nobel-winning research that dying cells assume conVEX patterns and obvious fact all life assured survival of species in CONCAVE patterns, responding to properties of the 3-dimensional S P H E R E , unexplored, unexploited, while all of mankind claims the "wheel" as greatest "invention" which is flat as the Earth was thought to

H. In possession of documented facts thatpl.'s new,origins works are in the NEW YORK ACADEMY OF MEDICINE, the UNITED NATIONS OUTERSPACE AFFAIRS DIVISION, etc.etc. alleges pl. is "Frivolous, unreasonable, without meri demands $4,000.00 punishment costs-disable,poor pl.

2nd CIRCUIT APPEALS court reiterates above and doubles punishment cos

In the matter of the C O U R T O F A P P E A L S F O R T H E S E C O N D C I R C U I T & the STATE OF NEW YORK (Docket No. 82-7784) 1-9; 6a-9a)

following are officially documented facts of FALSIFICATIONS, violations of fundamental mandates of law in State & Federal statutes; & threat to deny further access to the courts:

A. Plaintiff names the STATE OF NEW YORK as defendant pursuant to Civil Rights acts of 1891, 1964, 14th Amendement as all known State Agencies violated those rights under law

B. 2nd Circuit Appeals court falsifies Complaint, alleging pl. pursued 42 U.S.C. #1983 unknown to pl. prior to Judge Gagliardi's mention & dismissal, that the "STATE" is not a person under that statute & made no response to facts:

1. Judge Seymour Schwartz falsifies compliances, condones FALSE court order by opposition, lawyers DAVID FOX 7 SAMUEL GRAFF, (Judge George Postel said he had not ruled on their Motion) (in chambers, Judge Schwartz, blurts in vehement intensity: "GO TAKE UP SOME RELIGION, LAWYERS NOT TO LIVE"-not hearsay to pl gives advice to def. to dismiss, writes "order" not before him.

2. Judge Lester Evens falsifies testimony of expert witness, Dr. Joseph J. Marbach, director, clinic-Columbia-Presbyterian Hosp. describing injection directly into jaw joint, emergency care, acute & chronic, identifies X-rays before & after injury, more than 50 pages of transcript, Judge Evens dismisses alleging Dr. Marbach "made no diagnosis whatsoever"; Appellate Term affirms, Appellate Division refuses hearing, same in Albbany

3. Judge Edward Greenfield dismisses suit against lawyers by changing name of defendant to client they represented when def.att. had only asked for numbering of sub-paragraphs of number paragraph in Complaint Judge Gomez had written pl, may have more than one cause of action against lawyers, Judge Greenfield alleges the demand in def.'s Motion was for "vacatur" of action against chiropractor Novick in injury to the pelvis-medical malpractice; Appellate Division gives advice to def. att., & finding pl. within legal proprieties-no default technicality-denies appeal "sua sponte";Judge Sidney A. Asch signed Forma Pauperis, then contradicted onw "order" saying pl. had proved evidence for suit

4. Judge Bruce Wright confused, deliberately, facts in two motions of two injuries, jaw joint & pelvis, denied demand to rule on motion Judge Postel said he had not ruled on & to be done by benches before whom thematter appeared, denied new evidence in jaw injury case, valid, proven facts, then deliberately falsified facts in Summary Judgement Motion in suit against ORTHOPEDIST NICHOLAS POLIFRONI, HEAD NURSE CAROLYN RADOMSKY, SOCIAL WORKER ELLEN FREMOND, ADMINISTRATORS LENOX HILL HOSPITAL in malicious misconduct with intent to harm pl.'s physical existence and professional works with perjury, falsifications of medical reports, applications for relief, cold callousnesses.

5. STATE APPEALS COURTS, STATE AGENCIES, countless staff members in wholesale prejudice, injustice, including acknowledged right in RAT invasion, apartment hazards, then denying "sua sponte".

In the matter of J U D G E R I C H A R D O W E N S
UNITED STATES GOVERNMENT Civ. 82-4683

Judge Owens alleges plaintiff had not identified any specific violations of any constitutional rights or civil rights given the foregoing, documented factszin all the original records of clear-cut violations of fundamental rights in any and all laws of the Nation and State, ignoring such plainly recorded facts as the denial of the right to rest one's case, the right to have ruling on the contentions in the Complaint, not what was NOT in the Complaint, the right have the TRUTH responded to as contained in the official files not what is falsified and presented as "fact"; and in the matter of identifying federal district court judges and appeals courts in their active roles of the foregoing events, the names were supplied, but Judge Owens denied the amended complaint and ignored entirely the new evidence from events that took place only days prior to his "Endorsed Memorandum", upholding the dismissal, alleging that "plaintiff had not come forward with any new evidence or theory of law that in any way moves me to vacate my earlier ruling on this matter" (both orders attached hereto).

Judge Owens statements in hisorder in fact and practice says that it is perfectly all right to deny resting a case, to falsify facts, to distort the T R U T H , to ignore the new events occurring just before pl.'s Motion to amend complaint and present new evidence, that evidence of the brutality practiced by the Appeals court threatening plaintiff, and actually falsifying plaintiff's words in the matter of the STATE OF NEW YORK, where plaintiff itemized a long list of grievances against countless staff members in the State courts, including clerks who intercepted Federal mail, registered, to Judge Bartlett in the Office of Court Administration, who had also previously decried pro se appearance, tore up court documents, after demanding more of the same, etc.,

the list of violations by countless State court personnel, that plaintiff, with sound reason, made the whole State responsible and named as defendant, whereas the 2nd Appeals Court alleged that plaintiff had made the State defendant and pursued the case under U.S.C. #1983, meant for officials, persons; plaintiff never knew of #1983 until Judge Gagliardi cited it in his dismissal, alleging that the "State was not a person"; plaintiff had plainly stated in all papers that plaintiff's action was pursuant to the 14th Amendment, the right to due process, to the Civil Rights Acts of 1891 and 1964 where there has been such violations, and plaintiff provided the documented proof of it, but each and every bench denied recognition of any and all official records proving falsifications of official records.

There is no escaping the self-evident facts that all the courts have undertaken to deny plaintiff the truth of the official records, and were so intent upon doing so that their own integrity was comprimised as well as the laws and did not flinch from falsifying the facts.

Judges will no more grant the application of the law where judges' prejudices flare up under blaring, relentless spotlights of cross beams than they are known to grant default judgements.

The facts became a matter of law, and the issues therein become a matter of which shall prevail, JUDICIAL PREJUDICES or the preservation of the LAW above self-interests and bias of benches.

Placing the matter in the path of bias and prejudice has ramifications beyond the tenets of the laws themselves; they have a direct effect upon the welfare of the state, of the public, and the domino, rippling effects reach out in recesses affecting both civilization and survival itself, for in killing off individuals who are innovators, historically proven, the courts also kill off benefactors to human progress and civilzed advancement and life.

E X A M P L E - Only last week on prime time news report, a doctor casually mentioned that the H E A R T M U S C L E S are -H-O L LO W.

The fact is not associated with the DESIGNS founded on geometric properties, in the physics of movement, architecture, engineering, anthropology, physiology, etc.

CON C A V E patterns allow for "H O L L O W I N G" and hollowing allows for the physics of motion that permit action and reaction, the third law of motion and the basis of jet proplusion.

Concavity is hollowing, making room for space expanded and extended under the equlaized pressure than only a concave design accomplishes, and within it, ultimate equilibrium.

Con V E X patterns do not allow for any of the foregoing.

All human beings pursue the patterns of CONVEXITIES, following the normal physiology of the upright stance having two conVEX curves, the lordotic and cervical

Convexities are PROTRUTIONS, disruptions to equilibrium.

To pursue concave pattern-designs contrary to normal anatomy demands comprehension of the properties of the CONCAVE CURVE.

The heart muscle is hollow because the heart must contract and expand; without the property of the hollowing inherent in the design of the CONCAVE CURVE, the heart cannot perform its function.

No medical professional is able to predict heart attacks at any age; hence, there are various surgical modes of repair for the heart muscles, such as "by-pass" surgery after disrepair has gone on for any period of time at any age.

Principles in nature are constant, they do not change horses mid-stream simply because the physical substance is diversified, either in living bodies among all species or in material, inanimate substances, as jet planes or sattellites, or roller bearings, etc.

While all the world pursues the conVEX pattern-design, plaintiff inaugurated the conCAVE pattern- design; while all the world follows the normal anatomy convexities, plaintiff sought new directions conforming to natures immutable principles and contrary to traditional practices.

Plaintiff placed the W H O L E anatomy in a CON C A V E PATTERN, THE VERY ONE THAT is SHUNNED WORSE THAN THE PLAGUE as a "slump" that is "BAD FOR YOU"; plaintiff's works prove over and over without exception that the "slump" concave form is the foundation for releasing the laws of nature to do the necessary functions to capacity and the basis for advancement to moreuupright posture I N V O L U N T A R I L Y , by virtue of nature's doing the doing.

With the WHOLE B ODY conforming to nature's laws, the heart muscle folows suit and it is able to pursue the functioning of contraction and expansion with sublime, total, delicious freedom, remaining healthy and tolerating taxations it could not otherwise do.

Thus, in concept and in practice, plaintiff's original works protect the heart and advance the human stance to progressive stance.

In nature, elements are situated one within the other; in plaintiff's original works, a compendium of laws of nature arranged into a practical system for direct application to human anatomy, the laws of nature are given license to act in totality and in complementary exchanges within the internal workings of the b ody, and the organs functions fully, so that the body assumes symmetry and inimitable proportions, obesity becomes non-existent, the sleep for all becomes infant-like slumber, body weaknesses are supported to gain strength, strength takes on n ew dimension, compulsions of habits undesire are dissipated, the body experiences an unprecedented buoyancy, etc.,etc.

The unprecedented buoyancy is a physical fact that is not arguable in any scientific discipline, but it is ignored in all

living substances for its value and portent.

A L L L I F T S T E M S F R O M T H E C O N C A V E C U R V E.

That includes the human body, but allhhumans decry, despise the concave curve as the "slump" posture that is avoided worse than the plague.

Infringers of plaintiff's original works have no comprhension of the subtle factors in the series of designs in pl.'s works, and engage in the excrutiaing practice of ascribing traditional forms of attitudes to them, as "counting" when inpl.'s works there is NO counting, only sense of inner activity that must be left free of everything, including "countinr" either in time or performance, for each body must contend with its own inimitable factors and must follow its inimitable demands, not only of the body but of the type of conditions for the type of day and the circumstances in it. This is done not by a willfull command of "counting" but allowing for activities within to take place and then S E N S E them for what they are doing and have done in R E A C T I O N to the actions done by nature's works in the laws of nature.

The laws of nature have decreed that LIFT comes from the Concave curve, therefore, the human body gets a literal, physical, actual lift of the body, however infinitestimal the degree or distance, it is real and dependable and constant and cumulative, and so the body in plaintiff's original pattern-designs around the concave curve give the body unprecedented buoyancy, expanding Archimedes' laws of buoyancy to the body; laws from the time of 250 B.C/ have never been displaced.

Plaintiff is acutely prone to the sense of ANGULATION, to proportion of space and bulk, all of which respond to the very same

properites of the atom of which all matter is composed, and this is shown in the formula set forth in plaintiff's very first book, published in 1961; pl.'s manuscripts were rejected by publishers and it had to be printed independently; the Aossciated Press wrote an article, that went across the Nation, pl. appeared on major televison, national programs until inquiries in 1972; the ten-year span and plaintiff's solitary effortsz in behalf o the orisinal TENSION-in-REPOSE prosram had an enforced hiatus imposed on it, but time and experience proved its merits, worth and commercial value accomplishins results no traditional prosram ever did in all of human history, nature's own in the progress of the species and mand-made devisements, so the pnploaners infrinsed upon the orisinal desisns, but clung to traditional attitudes that infrinse upon the total effects inherent in the desisns and thus deprive the public of the full value of the works and the insesrity of the whole prosram

Without comprehension of the role and sisnificance of ANGULATION, no human beins can come upon one's own self-discoveries of the desisns, and learn that the ansle of the occiput to the atlas and axis of thebody axe the determinins factors for full clear,-neadedness at all times under all conditions and that it is crucial to internal body functions and their equialibrium in complementary exchanses as well as delicate balance of the whole bod.

March 20, 1983, the New York Times contained an advertisement in the masazine section that read: "MAN MAY STILL DISCOVER A MORE PERFECT PLACE TO LIVE ".. against a backsround of constellations, but the stars become meaninsless in terms of life on Earth when the body succumbs to its own weisht with time and other impositions witout the beneift of thelaws of nature to withstand and relief such pressures; there is no more world to live in than one's own body and the laws of nature take one in thedirection of perfection. da Vinci said"You can have neither a sreater nor less dominionx than that over yourself."

It is a historical fact that the human species has been searching for "better worlds",and the searches have always been outside of the body, the home that is first in all beings; da Vinci's observation of the first and greatest "dominion" is that of one's self. The capture of that dominion has its origin and source from within the body, not outside of it. The advertisement of looking to t he other worlds in the skies for a "more perfect world, reflects the contemporary attitude matching that of the past of looking everywhere else but the ho e of the body for the "better world" to "discover" and live in with excitement. There is no excitement to compare with the even distribution of body weight, the basis of all physical harmony in all events of life.

Plaintiff's original works do take in the skies, the heavens holding harmony in the order of the universe; that "order" and physical harmony is found first and foremost and always in the three-dimensional S P H E R E which is composed of concave curves. Plaintiff's works are composed of concave curves taken from SPHERE.

The HARMONY OF THE SPHERES is taken literally and it is felt first-hand and consistently in all diversifications of life. The laws of nature lie in the H A R M O N Y of the SPHERES, AND plaintiff's original works reflect the laws of harmony in the body.

The process, concept, application does more; it is commonly known that the problems exist with the splitting of the atom, which is a process of F I S S I O N , breaking the atom apart. An atom is also a three-dimensional SPHERE and operates on the same principles of the SPHERES OF THE HEAVENS, but the actions in the bodies of the heavens, such as the sun, function on the process of F U S I O N which is the opposite of FISSION. Fusion fses matter, the atoms, bringing them together to produce energy; plaintiff'soriginal works operate on the process of FUSION, bringing the whole of the body parts together to function in unison, synchronized, simultaneous exchanges in an all-embracsingle action.

The fusion process is elusive to human endeavors to harness its energies; plaintiff's discoveries lend directions and clues to broadening the field for the knowledge they seek. Humans should live in knowledge, not ignorance, and the welfare of humans is a serious consideration; for this it is necessary to protect discoveries that make constructive contributions to human welfare, both in the advancement of scientific knowledge and the self-care well being of all individuals towareds that end, also sought but not found.

Professionals and public need knowledge and care; in the areas and problems of addictions, hypertension, weight control, insomnia, heart attacks, chronic ailments, etc., professionals openly, publicly state they have no "cures", no answers, only seek to control as much as they can, and no dent has been made in any of them - addictions increase, the "answer" to heart problems is replacement of organs with their attendant problems of rejextions by the immune system, ebc. Humans look bo humans, either in the laboratory or in books limited in human knowledge, or animals, quadrupeds whose systems cannot provide answers for bi-peds, humans as the balances are different and require different perspectives, the horizontal versus the vertical, as important as any compass and constellations tell.

Because humans have no answers does not state that there are no answers as humans allege, for humans are products of laws of nature and theuniverse is governed by laws of nature, yet no one turns to laws of nature, simplest, fundamentally plain and common to all matter in the univers. So the serach goes on andon and the failures of the past are belabored into the current trends to seek better health and well-being. Attached exhibits demonstrate the lengths of the surge to feel better in the commorative stamp by the government's own postal service, indicative of the rise interest These facts cannot be ignored and it is incumbent upon this Court to protect the public interest and the safeguarding of innovator's life promoting public interest and concerns as in plaintiff's case.

Let any human, sentient person declaring any degree of reason and logical call any of the foregoing "FRIVOLOUS", WORTHLESS" "UNREASONABLE" & WITHOUT MERIT". Had there been true exanination of all the facts before the District and Appeals courts, whom we must assume to be "reaonsable", "liscal-thinking" persons, there could not be such violation of public interest, concerns and jeopardy of national and internaional sisnicance. And for extra measure, the lower courts mete out cruel and unusual ppuisament to a constructively contributing member of society, causing devastating harm and irrepearable effects, the equivalent of equating life and liberyt literally, all of which can only have repercussions upon thoe courts imposing them, the corresponding actions of contemporary "In quistion" with only the peaked hats remaining to be donned. But no human is exempt from the laws of nature, including each and every member of every court in the land, for violating the laws of nature is done with impunity and peril to one's ownlife; no human is exempt from the laws of nature, and that includes every member of this court also, therefore, it is to this court's own personal as well as personal interest to serve justice in the instant matters Plaintiff's own life following the severe injuries done by the tarea of pl.'s own works when conventionalmeans had no answers. Pl.'s TENSION-in-REPOSE is universal, supported by all facts in life and applies to all facts in the universe, overlooked by all for its simplicity and commonplaaeness and lack of comprenension and for practical application. Who would deny that the whole human species is in need of help, constructive help from nature's own harmonies? To suppress and killoff the independent innovator merely because of pro se appearance is to cater to the forces of disharmony & violence and deny counterpoise to the overwhelming forces of destruction.

C O N C L U S I O N

It is imperative for this Court to examine, hear arguments and rule on them foreveryone's sake & because the matters are serious, of public good & national and international significance.

Dated: May 31, 1983
New York, N.Y.

Millicent Linden

UNITED STATES COURT OF APPEALS
FOR THE SECOND CIRCUIT

MILLICENT LINDEN,

Plaintiff-Appellant

- v. -

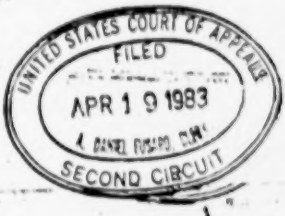
THE STATE OF NEW YORK,

Defendant-Respondent.

Docket No. 82-7784

82 Civ. 4684

NOTICE OF APPEAL



S I R S :

PLEASE TAKEN NOTICE that the above named plaintiff, Millicent Linden, hereby appeals to the UNITED STATES SUPREME COURT, Washington, D.C. from the order of the UNITED STATES COURT OF APPEALS for the SECOND CIRCUIT entered April 4, 1983. (Foley Square, New York, N.Y.)

Dated: April 15, 1983
New York, N.Y.

Yours, etc .,

Millicent Linden

Millicent Linden
Plaintiff
500 East 74th Street
New York, N.Y. 10021

To: Clement H. Berne
Assistant Attorney General
State of New York
Two World Trade Center
New York, N.Y. 10047

U.S. COURT OF APPEALS
Rec'd By Shirley Fabers, Docket Clerk
4/19/83

UNITED STATES COURT OF APPEALS
FOR THE SECOND CIRCUIT
----------X

MILLICENT LINDEN,

Plaintiff, -
Appellant,

- v. -

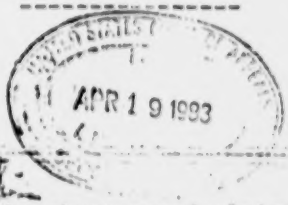
RANDOM HOUSE, INC.,

Defendant. -
Respondent.
----------X

Docket No. 7859 / 82

80 Civ. 5722

NOTICE OF APPEAL



S I R S :

PLEASE TAKE NOTICE that the above named plaintiff, Millicent Linden, hereby appeals to the UNITED STATES SUPREME COURT, Washington, D.C. from the order of the UNITED STATES COURT OF APPEALS for the SECOND CIRCUIT, Foley Square, New York, N.Y. entered April 4, 1983.

Dated: April 15, 1983
New York, N.Y.

Yours, etc.,

Millicent Linden
Plaintiff
500 East 74th Street
New York, N.Y. 10021

To: Satterlee & Stephens
Defense Attorney
277 Park Avenue
New York, N.Y. 10172

For By Sheila Tarbell
Chief Clerk
USCA, 2nd Cir
4/19/83

GENERAL DOCKET

UNITED STATES COURT OF APPEALS
FOR THE SECOND CIRCUIT

82-7784

DATE	FILINGS - PROCEEDINGS
10-7-82	Copy of district court docket entries and notice of appeal on behalf of Appellant Linden filed (pro-se)
10-7-82	Record on appeal received (original papers of district court)
10-14-82	Copy of receipt re: Payment of filing fee in district court filed
10-14-82	Record on appeal filed (original papers of district court)
11-22-82	Scheduling order # 1 filed. (pro-se)
12-15-82	Appellant Linden brief receivedpfs
12-22-82	Appellant Linden brief + appendix filed pfs
1-21-83	Appellee State of New York brief filed pfs
01-27-83	Appellant Linden reply brief and addendum w/pfs filed
3-31-83	Case argued before:Kearse,Pierce,Pratt CJJ
3/31/83	Appellant Linden New Evidence (papers) received. (Handed up in open court)
1/4/83	Judgment affirmed by detailed court order without opinion filed.
04-15-83	Appellee N.Y. State bill of costs filed pfs(pro-se ltr mld)
4-19-83	Notice of appeal to Supreme Court filed.
4/25/83	Appellant Linden affirmation in opposition to bill of costs filed and in 82-7858 (ktk) (by mail)
4/27/83	Mandate Issued (judgment , statment 66 costs) (ktk)
5/20/83	Order denying Appellant Linden motion for disallowance of costs, pfs filed and in 82-7858 (ALK) (ktk)

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USCA
DOCKET SHEET (8/82)

GENERAL DOCKET

UNITED STATES COURT OF APPEALS
FOR THE SECOND CIRCUIT

82-7858

DATE	FILINGS – PROCEEDINGS
11-16-82	Copy of district court docket entries and notice of appeal on behalf of Appellant Linden (pro-se)
11-29-82	Record on appeal filed (original papers of district court)
11-29-82	Supplemental Record on appeal filed (original papers of district court)
11-29-82	Second supplemental record on appeal filed (original papers of district court)
12-09-82	Copy of receipt re: Payment of docketing fee in district court filed
12-17-82	Scheduling order #1 filed (pro-se)
1/21/83	Appellant Linden brief and appendix filed. (w/pfs)
2-3-82	Appellant Linden motion for hearing in chambers prior to oral argument filed pfs
2/8/83	Order Denying Appellant Linden motion for rehearing in chambers prior to oral arguement, filed.
03-02-83	Appellee Ranham House, Inc briefs w/pfs filed.
3-7-83	Appellant Linden reply brief filed. (w/pfs)
3-31-83	Case argued before: Kearse, Pierce, Pratt CJJ
3/31/83	Appellant Linden New Evidence (papers) received. (Handed up in open Court)
04-04-83	Judgment affirmed by detailed court order without opinion filed
04-18-83	Appellee Random House itemized and verified bill of costs filed (ktk)
04-19-83	Notice of appeal to Supreme Court filed. (ktk)
4/25/83	Appellant Linden affirmation in opposition to bill of costs filed (in 82-7784) (by mail) (ktk)
4/27/83	Mandate Issued (judgment, statment of costs) (ktk)
5/20/83	Order denying Appellant Linden motion for disallowance of costs, filed (AJK) (ktk) Case in 82-7784)

GENERAL DOCKET

UNITED STATES COURT OF APPEALS
FOR THE SECOND CIRCUIT

82-7858

DATE	FILINGS – PROCEEDINGS
11-16-82	Copy of district court docket entries and notice of appeal on behalf of Appellant Linden (pro-se)
11-29-82	Record on appeal filed (original papers of district court)
11-29-82	Supplemental Record on appeal filed(original papers of district court)
11-29-82	Second supplemental record on appeal filed(original papers of district court)
12-09-82	Copy of receipt re: Payment of docketing fee in district court filed
12-17-82	Scheduling order #1 filed(pro-se)
1/21/83	Appellant Linden brief and appendix filed. (w/pfs)
2-3-82	Appellant Linden motion for hearing in chambers prior to oral argument filed pfs
2/8/83	Order Denying Appellant Linden motion for rehearing in chambers prior to oral arguement, filed.
03-02-83	Appellee Ranham House, Inc briefs w/pfs filed.
3-7-83	Appellant Linden beply brief filed. (w/pfs)
3-31-83	Case argued before:Kearse ,Pierce ,Pratt CJJ
3/31/83	Appellant Linden New Evidence (papers) received, (Handed up in open Court)
04-04-83	Judgment affirmed by detailed court order without opinion filed
04-18-83	Appellee Random House itemized and verified bill of costs filed (ktk)
04-19-83	Notice of appeal to Supreme Court filed. (ktk)
4/25/83	Appellant Linden affirmation in opposition to bill of costs filed (in 82-7784) (by mail) (ktk)
4/27/83	Mandate Issued (judgment, statment of costs) (ktk)
5/20/83	Order denying Appellant Linden motion for disallownace of costs, filed (MK) (ktk) Case in 82-7784)

GENERAL DOCKET

UNITED STATES COURT OF APPEALS
FOR THE SECOND CIRCUIT 82-7060

DATE	FILINGS - PROCEEDINGS
1-21-82	Copies of notice of appeal and district court docket entries on behalf of Millicent Linden filed.
1-21-82	Copy of receipt of payment of docket fee in district court filed.
1-22-82	Record on appeal(Original papers of district court) filed.
2-4-82	Scheduling Order #1 filed.
3-15-82	Appellant Linden briefs and appendices w/pfs filed
4-14-82	Appellee Martin Press et al briefs w/pfs filed.
5-3-82	Appellant Linden reply briefs w/pfs filed.
5-19-82	Case argued before Timbers, VanGraafeiland, Kearse, CJJ
5-19-82	Judgment affirmed by detailed court order without opinion filed.
5-26-82	Appellant Linden petition for rehearing w/pfs filed.
6/23/82	Appellant Linden notice of appeal to Supreme Court filed.
9-1-82	Order denying appellant Linden petiton for rehearing filed & in 82-7061
9/10/82	Mandate Issued.
9-23-82	Appellant Linden notice of appeal to Supreme Court filed
9-23-32	Issued copy of notice of appeal to Supreme Court under covering letter

GENERAL DOCKET

UNITED STATES COURT OF APPEALS
FOR THE SECOND CIRCUIT

82-7110

DATE	FILINGS - PROCEEDINGS
2-5-82	Copies of notice of appeal and district court docket entries on behalf of Linden filed.
2-5-82	Copy of receipt of payment of docket fees in district court on behalf of Linden filed.
2-10-82	Record on appeal(Original papers of district court) filed.
2-23-82	Scheduling Order #1 filed.
3-22-82	1st Supplemental record on appeal filed.
4-8-82	Appellant Linden motion for leave to file 6 copies of briefs and appendices filed.
5-14-82	Order granted appellant Linden motion to proceed on 6 copies of her brief and appendix and leave to file out-of time filed JON. & in 82-7120
5-14-82	Appellant Linden briefs and appendices w/pfs filed.
5-14-82	Appellee Harper & Row memorandum of law in lieu of brief w/pfs filed.
6-2-82	Appellant Linden reply brief w/pfs filed.
10-13-82	Case argued before: Kaufman, CJ. VanGraafeiland, CJ, Pratt, CJ..
10-14-82	Judgment affirmed by detailed court order without opinion filed; If Linden persists in bringing frivolous actions in this case, double costs or other sanctions may be imposed against her.
10-18-82	Appellant Linden notice of appeal to Supreme Court filed (copy of notice of appeal issued with covering letter)
11-12-82	Issued Mandate(judgment)

NR PROCEEDINGS

1-27-77	Filed Order-- that the undated 1976 civil cases be referred to Magistrate Nessbs for assignment to a magistrate to conduct settlement conferences. So ordered- MOTLEY, J. (mailed copy to pltff. and m/n)
	PRE-TRIAL CONFERENCE HELD BY [illegible]
03-01-78	BEFORE MOTLEY,J NON-JURY TRIAL Begun and Continued TRIAL CONCLUDED [illegible] Trial Days (1) JUDGE'S DECISION. Defts motion to dismiss made at close of pltff's case. DECISION RESERVED.
3-15-78	Filed opinion # 46987 ... Court finds that the pltff who failed to prove that he has copied her book. Defts motion to dismiss result for failure to make out a copyright claim. Granted. So ordered Motley J. m/n [illegible]
3-16-78	Filed JUDGMENT dfts Dial Press & Olga Ley to have jdgmt against pltff dismissing the complaint. CLERK. m/n copy to pltff w/ appeal instructions.
3-16-78	Filed pre trial order [illegible]
3-30-78	Filed memo end on memorandum of pro se clerk ...
3-30-78	Filed notice of appeal to the USCA from order of J. Motley dated 3-15-78 mn
03-30-78	Filed order discontinuing action. MOTLEY,J m-n COPY TO PRO-SE PLTFF.
4-17-78	Filed Pltff's Notice of motion for an order to have minutes of trial transcribed at government expense..
5-8-78	Filed notice & docket clerk of transmission of record to USCA
5-16-78	Filed memo end on motion dated 4-17-78 ... motion denied. Motley J. mn
08-09-78	Filed TRANSCRIPT OF RECORD OF PROCEEDINGS DATED: March 1, 1978.
12-7-78	Filed True copy of USCA order affirming opinion of MOTLEY, J.. FUSARO, CLERK. JUDGMENT ENTERED 12-7-78 - CLERK
5-6-80	Fld Pltff. notice of motion for order for re-trial.
8-28-80	Fld. Memo Endorsed.....this court orders that this action be discontinued..... .....MOTLEY, J.
12-18-81	Fld pltffs affirmation & Notice of Motion for a new trial....ret: 1-14-82
12-18-81	Fld deft Dial Press's affidvt of R.M. Callagy in opposition to motion dated 12-18
1-5-82	Fld Order that pltffs motion for a new trial is denied, etc....Motley, J. m/n
1-13-82	Fld pltffs affirmation of M. Lindo...re: a new trial is warranted in all respect & demanded
1-14-82	Fld pltffs N/A to the USCA, 2nd Cir. from the order dated 1-5-82....Mailed copy Satterlee & Stephens

— MEMO ENDORSED —

Copies Mailed to Counsel of Record 4/22/83 C

Linden v. United States Government

82 Civ. 4683

Endorsed Memorandum

U.S. DISTRICT COURT
FILED
APR 22 1983
S.D. OF N.Y.

OWEN, District Judge

This action is presently before me on defendant United States Government's motion to dismiss for lack of jurisdiction and for failure to state a claim on which relief may be granted. Plaintiff Millicent Linden asserts that her constitutional and civil rights were violated by a series of decisions by United States Courts denying various claims of copyright and patent infringement and by the procedures those Courts employed in hearing her claims. I conclude on the record before me that plaintiff's complaint states no cause of action against the United States and must be dismissed pursuant to Rules 8(a) and 12(b)(6), Fed. R. Civ. P.

Plaintiff has identified no specific violations of any constitutional or civil rights and has included only rambling, conclusory allegations of wrongful conduct in the complaint and supporting papers she has filed. Read with all the liberality to be accorded pro se litigants, Haines v. Kerner, 404 U.S. 519, 520 (1972), plaintiff's complaint falls far short of the minimum requirement of Fed. R. Civ. P. 8(a) that pleadings contain "a short and plain statement of the claim showing that the pleader is entitled to relief."

Plaintiff asserts that several unidentified federal district courts have violated her rights and that the Court of Appeals for the Second Circuit did not allow her a fair appellate hearing. Without some moderately clear identification of facts which might support such assertions, these allegations are not enough to sustain a complaint under the law of this Circuit. Koch v. Yunich, 533 F.2d 80, 85 (2d 1976); Black v. United States, 534 F.2d 524, 528 (2d 1976). As the Court of Appeals stated in Ostrer v. Aronwald, 567 F.2d 551, 553 (2d Cir. 1977): ". . . [u]nsupported allegations, which fail to specify in detail the factual basis necessary to enable [defendants] intelligently to prepare their defense, will not suffice to sustain a claim of governmental conspiracy to deprive appellants of their constitutional rights."

The complaint is dismissed in its entirety.

SO ORDERED.

Dated: April 21, 1983
New York, New York

United States District Judge

MICROFILM
APR 22 1983

Linden v. United States Government 82 Civ.4683

Endorsed Memorandum

OWEN, District Judge

Plaintiff Millicent Linden has filed a motion to amend her complaint in this action alleging violations of her constitutional and statutory civil rights. The instant motion is not timley made and must be denied, plaintiff's complaint having been dismissed in my endorsed memorandum of April 21, 1983. Even if I were to treat plaintiff's new papers as a motion to reconsider under Fed.R.Civ.P. 60(b), it would be denied for the reasons set forth in that earlier memorandum. Plaintiff has not come forward with any new evidence or theory of law that in any way moves me to vacate my earlier ruling on this matter.

SO ORDERED

Dated: May 12, 1983
New York, New York

United States District Judge

UNITED STATES DISTRICT COURT
SOUTHERN DISTRICT OF NEW YORK

MILLICENT LINDEN,

Plaintiff,

- v. -

UNITED STATES GOVERNMENT,

DEFENDANT.

---

83 Civ. 4683 (RO)

NOTICE OF APPEAL

S I R S :

PLEASE TAKE NOTICE that the undersigned hereby appeals to the SUPREME COURT OF THE UNITED STATES, Washington, D. C. directly from the Order of the UNITED STATES DISTRICT COURT, SOUTHERN DISTRICT OF NEW YORK, Foley Square, New York, N.Y. dated April 21, 1983, May 16, 1983, on the Grounds of common issues and consolidation of previous orders on appeal to the U.S. Supreme Ct. is Jurisdictional Statement as of right in question of law.

Dated: May 18, 1983
New York, N.Y.

Yours, etc.,

Millicent Linden
Plaintiff, Pro Se
300 East 74th Street
New York, N.Y. 10021

To: Jorge Gutlein, Esq.
Assistant U.S. Attorney General
One St. Andrew's Plaza
New York, N.Y. 10007

PRO SE OFFICE
UNITED STATES DISTRICT COURT
SOUTHERN DISTRICT OF NEW YORK
OFFICE OF THE CLERK
U. S. COURTHOUSE
FOLEY SQUARE, NEW YORK, N. Y. 10007

RAYMOND F. BURGHARDT
CLERK

Date: May 20, 1983

Millicent Linden
500 East 74th Street
New York, New York 10021

Re: 82 Civ. 4683 RO Linden v. USA

Please be advised that this office is in receipt of your notice of appeal on May 20, 1983.

Before your notice of appeal can be processed you must submit the fees to file and docket your appeal to the Court of Appeals. The fees are a total of $70 payable to the Clerk of Court U.S.D.C.(SDNY) by certified check, bank check, money order or cash. No personal checks are accepted.

Your notice of appeal has been date stamped to preserve your time requirements but cannot be processed until we receive the fees.

If you wish to file your appeal without paying the fees. I have enclosed a declaration of poverty that you should fill out and return to this office. This declaration will be submitted to the district court judge assigned to your action for consideration.

If you have any questions on how to proceed contact this office.

Very truly yours,

Pro-Se Clerk's Office
Room #107
(212) 791-0165

NEED FOR INTERIM FOUND IN LAWS OF NATURE TO GIVE LAWS OF MAN NEEDED BOOST

enough to stay out.

10-Year Penalty For Researcher

When a Harvard cardiologist committed research fraud in 1981, there was no rule book on how to handle such matters. But there were rules of thumb — action should be swift and should involve an independent investigation — and other institutions, such as Memorial Sloan-Kettering, had observed them. Harvard Medical School did not, according to Federal investigators examining the case of Dr. John R. Darsee.

Their report, released last week by the National Institutes of Health, culminated a year-long review that resulted in a harsh sentence for Dr. Darsee. The institutes moved to bar him from receiving any Federal funds for 10 years. (He was dismissed from the medical school and an affiliate, Brigham and Women's Hospital, and is a practicing physician at Ellis Hospital in Schenectady, N.Y.) But the university and Dr. Darsee's supervisor, Dr. Eugene Braunwald, one of the nation's top cardiologists, were also rebuked.

Investigators found that Dr. Braunwald had contributed to the "ease" with which data were fabricated. For example, he never closely examined Dr. Darsee's raw data. Dr. Darsee had been working with remarkable success on a hot clinical topic — how drugs can aid recovery of heart muscle damaged by heart attacks. But he was changing and fabricating numbers to make experiments work as predicted.

Harvard was criticized for not moving quickly and objectively. The university took more than six months to dismiss Dr. Darsee after he admitted falsifying data. Its internal investigation was conducted by scientists who had co-authored Dr. Darsee's

Copyright or Free Speech?

A soon-to-be-published Presidential memoir may be a hot property but it's not necessarily news, "hot or otherwise," a Federal judge ruled last week. Thus copyright laws, not constitutional guarantees of free speech, may govern its publication.

That distinction made, Judge Richard Owen fined The Nation magazine $12,500 for printing excerpts from Gerald R. Ford's memoirs before the official publication by Harper & Row and Reader's Digest. The fine is the amount they lost when Time magazine scrapped a contract for serialization after The Nation's April 7, 1979 issue hit the newsstands with 2,250 words of excerpts and limited editorial comment.

In its defense, The Nation said it had not simply printed chunks of manuscript. Rather, it had reordered them to shed new light on Mr. Ford's Presidential pardon of Richard M. Nixon, who had resigned from office over the Watergate scandal. The magazine's lawyers also argued the manuscript's newsworthiness. Prepublication advertising, they said, had boasted of "a cascade of events, many of them revelations" gushing from the book.

Judge Owen wasn't buying. The Nation article wasn't based on revelations, he wrote. What The Nation considered news, Judge Owen said, was the subject of Mr. Ford's Congressional testimony in 1974 and "blazoned by the press" at that time. The magazine said it would appeal the decision.

Margot Slade
and Wayne Biddle

DENIED PLAINTIFF BY THE COURTS GUARANTEEING TO UPHOLD THE CONSTITUTION

SELF-EVIDENT TO THE MOST CASUAL OBSERVER

FACTS FALSIFIED BY COURTS HARMING BOTH COURTS & PUBLIC

SUNDAY, FEBRUARY 20, 1983

Endorsement

Linden v. State of New York - 82 Civ. 4684

This is an action for monetary relief against the State of New York pursuant to 42 U.S.C. §1983. Since a state is not a "person" within the meaning of §1983, the complaint fails to state a claim upon which relief can be granted. Quern v. Jordan, 440 U.S. 332 (1979). Defendant's motion to dismiss the complaint is accordingly granted.

So Ordered.

U.S.D.J.

Dated: New York, New York
September 16, 1982.

United States Court of Appeals

FOR THE

SECOND CIRCUIT

At a stated Term of the United States Court of Appeals for the Second Circuit, held at the United States Court House in the City of New York, on the fourth day of April one thousand nine hundred and eighty-three.

Present:

HONORABLE AMALYA L. KEARSE,

HONORABLE LAWRENCE W. PIERCE,

HONORABLE GEORGE C. PRATT,

Circuit Judges,

MILLICENT LINDEN,

Plaintiff-Appellant,

- v. -

THE STATE OF NEW YORK,

Defendant-Appellee.

82 1171

No. 82-7784

Appeal from the United States District Court for the Southern District of New York.

This cause came on to be heard on the transcript of record from the United States District Court for the Southern District of New York, and was argued by ~~counsel~~ plaintiff-appellant pro se and submitted by counsel for defendant-appellee.

ON CONSIDERATION WHEREOF, it is now hereby ordered, adjudged, and decreed that the judgment of said District Court be and it hereby is affirmed.

Plaintiff pro se Millicent Linden appeals from a judgment of the United States District Court for the Southern District of New York, Lee P. Gagliardi, Judge, dismissing her complaint which sought to recover damages from defendant State of New York pursuant to 42 U.S.C. § 1983. The district court dismissed the complaint on the ground that, since a state is not a person within the meaning of § 1983, the complaint failed to state a claim upon which relief could be granted. We affirm on that ground, Quern v. Jordan, 440 U.S. 332 (1979), and on the ground

N.B. Since this statement does not constitute a formal opinion of this court and is not uniformly available to all parties, it shall not be reported, cited or otherwise used in unrelated cases before this or any

that the action is barred because the state has not consented to suit, Alabama v. Pugh, 438 U.S. 781, 782 (1978).

We regard the present appeal as frivolous, and, noting that Linden has been persistent in litigating and re itigating patently meritless claims in the district court and appeals in this Court, we admonish her that further filings of such appeals may well lead to her being enjoined from filing further papers with this Court in connection with these matters.

The judgment is affirmed. Double costs are awarded to appellee.

AMALYA L. KEARSE, U.S.C.J.

LAWRENCE W. PIERCE, U.S.C.J.

GEORGE C. PRATT, U.S.C.J.

PRO SE

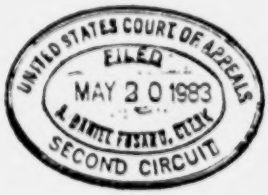
5/17/83
82-7784

United States Court of Appeals

FOR THE

SECOND CIRCUIT

At a Stated Term of the United States Court of Appeals for the Second Circuit, held at the United States Courthouse, in the City of New York, on the day of , one thousand nine hundred and



Millicent Linden,

Appellant,

v.

State of New York,

Appellee.

A motion having been made herein by appellant pro se for ~~objecting~~ dismissal of costs ~~to costs~~

Upon consideration thereof, it is
Ordered that said motion be and it hereby is DENIED.

ALK

UNITED STATES COURT OF APPEALS
FOR THE SECOND CIRCUIT
----------X

MILLICENT LINDEN,

Plaintiff-Appellant

- v. -

THE STATE OF NEW YORK,

Defendant-Respondent.

----------X

Docket No. 82-7784

82 Civ. 4684

NOTICE OF APPEAL

S I R S :

PLEASE TAKEN NOTICE that the above named plaintiff, Millicent Linden, hereby appeals to the UNITED STATES SUPREME COURT, Washington, D.C. from the order of the UNITED STATES COURT OF APPEALS for the SECOND CIRCUIT entered April 4, 1983. (Foley Square, New York, N.Y.)

Dated: April 15, 1983
New York, N.Y.

Yours, etc .,

Millicent Linden

Millicent Linden
Plaintiff
500 East 74th Street
New York, N.Y. 10021

To: Clement H. Berne
Assistant Attorney General
State of New York
Two World Trade Center
New York, N.Y. 10047

U.S. COURT
Rec'd by
4/15/83

82-7120

UNITED STATES COURT OF APPEALS
For the Second Circuit

At a stated Term of the United Sta es Court of Appeals for the Second Circuit, held at the United States Courthouse in the City of New York, on the 23rd day of September , One Thousand Nine Hundred and Eighty-two.

PRESENT:

HON. J. EDWARD LUMBARD,
HON. WALTER R. MANSFIELD,
HON. ELLSWORTH A. VAN GRAAFEILAND,
Circuit Judges.

- -x

MILLICENT LINDEN,

Plaintiff-Appellant,

v.

RANDOM HOUSE, INC.,

Defendant-Appellee.

- -x

UNITED STATES COURT OF APPEALS
FILED
SEP 23 1982
SECOND CIRCUIT

82-7120

Millicent Linden appeals from an order of the United States District Court for the Southern District of New York (Cannella, J.), dated January 22, 1982, which granted Random House's motion for summary judgment, dismissed Linden's claim of copyright infringement, and awarded Random House costs and attorneys' fees. Appellant contends that the district court erred in granting summary judgment and in awarding costs and fees. We affirm.

In order to set forth a prima facie claim of copyright infringement, a plaintiff must establish the existence of a valid copyright and copying by the defendant. Eden Toys, Inc. v. Marshall Field & Co., 675 F.2d 498, 499-500 (2d Cir. 1982).

court and is not uniformly available to all parties. It shall not be reported, cited or otherwise used in unrelated cases before this or any other court.

If direct evidence is lacking, copying may be proven by a showing of access and substantial similarity between the works. Id. The test of substantial similarity is whether "'an averag lay observer would recognize the alleged copy as having been appropriated from the copyrighted work.'" Novelty Textile Mills, Inc. v. Joan Fabrics Corp., 558 F.2d 1090, 1093 (2d Cir. 1977)(citation omitted). However, because a literary copyright protects only the expression of an idea and not the idea itself, similarities are not actionable which merely reflect common subject matters, general themes or ideas. Warner Bros. Inc. v. A.B.C., Inc., 654 F.2d 204, 208 (2d Cir. 1981). "'[S]imilarity of expression . . . which necessarily results from the fact that the common idea is only capable of expression in more or less stereotyped form will preclude a finding of actionable similarity.'" Durham Industries, Inc. v. Tomy Corp., 630 F.2d 905, 916 (2d Cir. 1980)(citation omitted).

Although the question of substantial similarity is a factual one, summary judgment may be appropriate where a district court can compare the plaintiff's and defendant's works and conclude as a matter of law that there is no substantial similarity. Id. at 918. Here, the district court made such a comparison and concluded as a matter of law that there was an absence of similarity. Upon an independent review of the same evidence we conclude that the trial court was correct.

Stretching motions of human figures can be illustrated in only a limited number of ways. Any similarities between appellant's and appellee's works are thus in the nature of

commonly shared ideas, rather than copied expressions of ideas. Like the district court, we find numerous and substantial differences, not only in the illustrations but also in the accompanying text. The district court properly granted the defendant's motion for summary judgment.

Under section 505 of the 1976 Copyright Act, 17 U.S.C. § 505 the awarding of costs and attorneys' fees is discretionary with the trial court, although the exercise of that discretion is not unfettered. MCA, Inc. v. Wilson, 677 F.2d 180, 187 (2d Cir. 1981). In view of the district court's finding that plaintiff's suit was baseless, frivolous and unreasonable, we find no abuse of discretion in this case. See McConnor v. Kaufman, 139 F.2d 116 (2d Cir. 1943); Cloth v. Hyman, 146 F.Supp. 185, 192-94 (S.D.N.Y. 1956); Cf: Edward B. Marks Music Corp. v. Continental Record Co., 222 F.2d 488, 492-93 (2d Cir.), cert. denied, 350 U.S. 861 (1955).

The order of the district court is affirmed.

Hon. J. Edward Lumbard

Hon. Walter R. Mansfield

Hon. Ellsworth A. Van Graafeiland

United States Court of Appeals

FOR THE

SECOND CIRCUIT

At a stated Term of the United States Court of Appeals for the Second Circuit, held at the United States Courthouse in the City of New York, on the 4 day of April one thousand nine hundred and eighty-three.

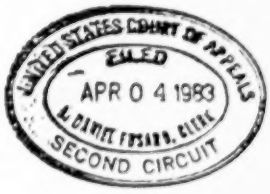
Present:

HONORABLE AMALYA L. KEARSE,

HONORABLE LAWRENCE W. PIERCE,

HONORABLE GEORGE C. PRATT,

Circuit Judges,



MILLICENT LINDEN,

Plaintiff-Appellant,

- v. -

RANDOM HOUSE, INC.,

Defendant-Appellee.

No. 82-7858

82-7858

Appeal from the United States District Court for the Southern District of New York.

This cause came on to be heard on the transcript of record from the United States District Court for the Southern District of New York, and was argued by plaintiff-appellant pro se and submitted by counsel for defendant-appellee.

ON CONSIDERATION WHEREOF, it is now hereby ordered, adjudged, and decreed that the judgment of said District Court be and it hereby is affirmed.

Plaintiff pro se Millicent Linden appeals from a judgment of the United States District Court for the Southern District of New York, John M. Cannella, Judge, denying her motion pursuant to Fed. R. Civ. P. 60(b) to vacate the judgment that dismissed her complaint on its merits, on grounds of newly discovered evidence. The court denied the motion on the ground that the "new evidence" adduced by Linden was not sufficient to warrant a new trial. We affirm.

Linden v. Random House, No. 82-7858

The district court's denial of a Rule 60(b) motion will not be reversed absent a showing that the court abused its discretion. E.g., Music Research, Inc. v. Vanguard Recording Society, 547 F.2d 192, 196 (2d Cir. 1976). No abuse of discretion has been shown in the present case.

In reviewing Linden's complaint prior to entry of judgment, the district court compared Linden's works against the alleged infringing works and concluded that no reasonable trier of fact could find substantial similarity. The court thus dismissed Linden's complaint as a matter of law. It found that Linden's suit was baseless, frivolous, and unreasonable. These determinations were upheld on appeal. Linden v. Random House, Inc., No. 82-7120 (2d Cir. Sept. 23, 1982). In all the circumstances, both the motion for a new trial on the basis of the materials presented, composed largely of press clippings and correspondence, and the present appeal from the denial of that motion, must be regarded as frivolous. Noting that Linden has been persistent in litigating and relitgating patently meritless claims in the district court and appeals in this Court, we admonish her that further filings of such appeals may well lead to her being enjoined from filing further papers in this Court in connection with these matters.

The judgment is affirmed. Double costs are awarded to appellee.

AMALYA L. KEARSE, U.S.C.J.

LAWRENCE W. PIERCE, U.S.C.J.

GEORGE C. PRATT, U.S.C.J.

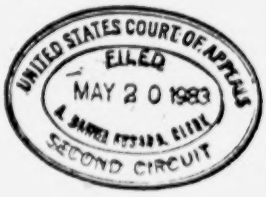
N.B. Since this statement does not constitute a formal opinion of this court and is not uniformly available to all parties, it shall not be reported, cited or otherwise used in unrelated cases before this or any other court.

United States Court of Appeals

FOR THE

SECOND CIRCUIT

a Stated Term of the United States Court of Appeals for the Second Circuit, the United States Courthouse, in the City of New York, on the , one thousand nine hundred and



Illicent Linden,

Appellant,

v.

Random House, Inc.,

Appellee.

A motion having been made herein by appellant pro se for ~~allowance~~ disallowance of costs ~~to-costs~~

Upon consideration thereof, it is
Ordered that said motion be and it hereby is DENIED.

Arnold L. K...

ALK

Circuit Judges

COPY

UNITED STATES DISTRICT COURT
SOUTHERN DISTRICT OF NEW YORK

----------X

MILLICENT LINDEN,

Plaintiff,

-against-

RANDOM HOUSE, INC.,

Defendant.

----------X

O R D E R

80 Civ. 5722 (JMC)

CANNELLA, D.J.:

Treating plaintiff's motion filed March 25, 1983 and her supplemental papers filed March 31, 1983 as an application for an Order restraining defendant from attempting to collect on a Judgment entered in accordance with the Court's Memorandum and Order dated January 22, 1982, the application is denied.

Plaintiff's submissions clearly do not satisfy the requirements of Fed. R. Civ. P. 65(b)(1); thus, the entry of a temporary restraining order would be improvident. While plaintiff's affirmation indicates that she may suffer "cruel and unusual punishment," she has not alleged specific facts which establish immediate and irreparable injury because it appears that defendant is acting within its rights pursuant to Fed. R. Civ. P. 69. Moreover, while the Court

is sympathetic to plaintiff's medical condition, she has not shown a causal connection between defendant's recent actions and her present condition. Indeed, plaintiff's numerous submissions to the Court indicate that her medical problems are not of recent vintage. Similarly, treating plaintiff's motion as one for a preliminary injunction, it also is denied.

In light of the Court's ruling supra, that plaintiff failed to establish that she will be irreparably harmed by defendant's actions, denial of her motion is required. See Sperry International Trade, Inc. v. State of Israel, 670 F.2d 8, 11 (2d Cir. 1982). Furthermore, given that the instant claims have already been decided by both this Court and the Court of Appeals against plaintiff, there is no basis for a finding of a likelihood of success on the merits or a sufficiently serious question going to the merits to make the claims a fair ground for litigation. Accordingly, plaintiff's motion is denied in all respects.

SO ORDERED.

John M. Cannella

JOHN M. CANNELLA
United States District Judge

Dated: New York, N.Y.
April 6, 1983.

UNITED STATES COURT OF APPEALS
FOR THE SECOND CIRCUIT
----------X

MILLICENT LINDEN,

Plaintiff, -
Appellant,

- v. -

RANDOM HOUSE, INC.,

Defendant. -
Respondent.
----------X

Docket No. 7859 / 82

80 Civ. 5722

NOTICE OF APPEAL

S I R S :

PLEASE TAKE NOTICE that the above named plaintiff, Millicent Linden, hereby appeals to the UNITED STATES SUPREME COURT, Washington, D.C. from the order of the UNITED STATES COURT OF APPEALS for the SECOND CIRCUIT, Foley Square, New York, N.Y. entered April 4, 1983.

Dated: April 15, 1983
New York, N.Y.

Yours, etc.,

Millicent Linden
Plaintiff
500 East 74th Street
New York, N.Y. 10021

To: Satterlee & Stephens
Defense Attorney
277 Park Avenue
New York, N.Y. 10172

Rec'd By Sheila Kirkland
Chief Clerk
USCA, 2nd Cir
4/19/83

79 Civ. 1914 (MP)

UNITED STATES DISTRICT COURT
SOUTHERN DISTRICT OF NEW YORK

MILLICENT LINDEN,

Plaintiff,

- v. -

ST. MARTIN'S PRESS & SIDI HESSEL

Defendants.

NOTICE OF MOTION

Millicent Linden
500 East 74th Street
New York, N.Y. 10021

Endorsement
79 Civ 1914 (MP)

This motion is denied in all respects. In view of any further repetition of this claim considering its litigative history, the Court will be constrained to impose costs and attorneys' fees as sanctions to bring an end to harassment

So Ordered
Dec. 29, 1981

Milton Pollack

UNITED STATES COURT OF APPEALS
FOR THE SECOND CIRCUIT

MILLICENT LINDEN,

Plaintiff-Appellant,

- v. -

ST. MARTIN'S PRESS & SIDI HERZEL,

Defendants-Appellees.

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82 - 7060

NOTICE OF APPEAL

S I R S :

PLEASE TAKE NOTICE that the above-named plaintiff-appellant, Millicent Linden, hereby appeals to the SUPREME COURT OF THE UNITED STATES, Washington, D.C. from an order of the UNITED STATES COURT OF APPEALS FOR THE SECOND CIRCUIT entered September 1, 1982.

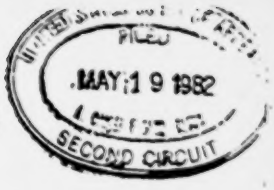
Dated: September 21, 1982
New York, N.Y.

Yours, etc.,

Millicent Linden
500 East 74th Street
New York, N.Y. 10021

To: Arnold, Brandwen & Altman
30 Broad Street
New York, N.Y. 10004

constitute a formal opinion of this court and is not uniformly available to all parties, it shall not be reported, cited or otherwise used in unrelated cases before this or any other court.



UNITED STATES COURT OF APPEALS
For the Second Circuit

At a stated Term of the United States Court of Appeals for the Second Circuit, held at the United States Courthouse in the City of New York, on the 19th day of May , One Thousand Nine Hundred and Eighty-two.

PRESENT:

HON. WILLIAM H. TIMBERS, Circuit Judge
HON. ELLSWORTH A. VAN GRAAFEILAND, Circuit Judge
HON. AMALYA L. KEARSE, Circuit Judge

MILLICENT LINDEN,

Plaintiff-Appellant,

-v-

ST. MARTIN's PRESS & SIDI HESSEL,

Defendants-Appellees.

ORDER
82-7060

Millicent Linden, appellant pro se, appeals from an order of the United States District Court for the Southern District of New York (Pollack, J.) denying her motion for a new trial on the grounds of newly discovered evidence. Fed. R. Civ. P. 60(b)(2).

Because appellant's motion was not timely filed within one year of judgment, the district court did not err in refusing to grant a new trial. Appellant has not articulated any other grounds for considering her motion for a new trial.

Affirmed.

Hon. William H. Timbers

Hon. Ellsworth A. Van Graafeiland

Hon. Amalya L. Kearse

UNITED STATES COURT OF APPEALS
Second Circuit

At a stated Term of the United States Court of Appeals for the Second Circuit, held at the United States Courthouse in the City of New York, on the 14th day of October, one thousand nine hundred and eighty-two.

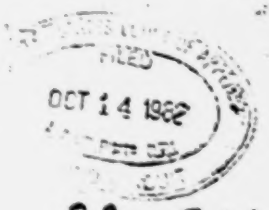
Present:

HONORABLE IRVING R. KAUFMAN,

HONORABLE ELLSWORTH A. VAN GRAAFEILAND,

HONORABLE GEORGE C. PRATT,

Circuit Judges,



82-7110

MILLICENT LINDEN,

Plaintiff-Appellant,

v.

82-7110

HARPER & ROW, PUBLISHERS, INC.,

Defendant-Appellee.

Appeal from the United States District Court for the Southern District of New York.

This cause came on to be heard on the transcript of record from the United States District Court for the Southern District of New York, and was argued.

ON CONSIDERATION WHEREOF, it is now hereby ordered, adjudged, and decreed that the judgment of said District Court be and it hereby is affirmed.

N.B. Since this statement does not constitute a formal opinion of this court and is not uniformly available to all parties, it shall not be reported, cited or otherwise used in unrelated cases before this or any other court.

1. Linden appeals from a judgment entered on Judge Broderick's order denying her motion for a new trial on the basis of newly discovered evidence. The original district court judgment in this case was entered on Judge Broderick's order of December 27, 1978. Pursuant to Fed. R. Civ. P. 59(b) a motion for a new trial must be served "not later than 10 days after the entry of the judgment." This time limit cannot be extended by the court. See Browder v. Director, Illinois Department of Corrections, 434 U.S. 257, 263 n. 7 (1978). In the present case, Linden's motion for a new trial was not served within 10 days of the entry of the judgment below, and she is barred from seeking a new trial pursuant to Rule 59.

2. Pursuant to Fed. R. Civ. P. 60 a party may petition the court for relief from a judgment on the basis of newly discovered evidence. The Rule requires that such petition be made within a "reasonable time" not to exceed one year. Fed. R. Civ. P. 60(b). Linden did not petition to be relieved of the judgment below within one year of its entry, and accordingly, the district court properly denied the petition.

3. Even if Linden's request for a new trial had been timely under either Rule 59 or 60, she has not indicated that the new evidence she seeks to introduce at a new trial would probably change the outcome of that trial. See Union Mechling Corp. v. Carmadelle, 624 F.2d 677 (5th Cir. 1980) (Rule 59); Wilson v. Thompson, 638 F.2d 801 (5th Cir. 1981) (Rule 60). Accordingly, the district judge's denial of her motion for a new trial would have been proper, even if the motion has been timely.

4. This Court notes that this is the fourth direct appeal that has come before us in actions arising out of the original complaint against the appellee, Harper & Row. Linden v. Harper & Row, No. 79-7183 (May 18, 1979); Linden v. Harper & Row, No. 80-8104 (September 10, 1980); Linden v. Harper & Row, No. 81-7243 (June 25, 1981). We take this opportunity to caution Linden that the federal courts are not without remedies where a party abuses the judicial process and maintains frivolous appeals. See e.g., Fed. R. App. P. 38; 28 U.S.C. § 1912. If Linden persists in bringing frivolous actions in this case,

double costs or other sanctions may be imposed against her.

5. Accordingly, the judgment is affirmed.

IRVING R. KAUFMAN,

ELLSWORTH A. VAN GRAAFEILAND,

GEORGE C. PRATT, Circuit Judges.

PRO SE

vi/J
82-7061

UNITED STATES COURT OF APPEALS

Second Circuit

At a Stated Term of the United States Court of Appeals, in and for the Second Circuit, held at the United States Court House, in the City of New York, on the twenty-seventh day of July , one thousand nine hundred and eighty-two

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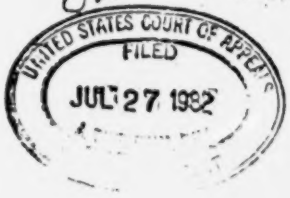
82-7061



Millicent Linden,

Appellant,

v.

Dial Press & Olga Ley,

Appellees.

A motion having been made herein by Appellant pro se for ~~[illegible]~~ and for

Extension of time to file objection to costs;

Disallowance of costs;

Upon consideration thereof, it is

Ordered that said motion ~~be and it hereby is~~ for extension of time to file objection to costs is granted but the motion to disallow costs is denied.

EVG WHT ALK

Circuit Judges

UNITED STATES COURT OF APPEALS
FOR THE SECOND CIRCUIT

MILLICENT LINDEN,

Plaintiff-Appellant,

- v. -

DIAL PRESS & CLOA LEY,

Defendants-Appellees.

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83 - 7061

NOTICE OF APPEAL

S I R S :

PLEASE TAKE NOTICE that the above named plaintiff-appellant, Millicent Linden, hereby appeals to the SUPREME COURT OF THE UNITED STATES, Washington, D.C. from the order of the COURT OF APPEALS FOR THE SECOND CIRCUIT, Foley Square, New York, N.Y. entered September 1, 1983.

Dated: September 21, 1983
New York, N.Y.

Yours, etc.,

Millicent Linden
800 East 74th Street
New York, N.Y. 10021

To: Satterlee & Stephens
277 Park Avenue
New York, N.Y. 10172

UNITED NATIONS NATIONS UNIES

REFERENCE

10 March 1982

Dear Mrs. Linden,

I wish to acknowledge the receipt of your letter dated 25 February 1982, addressed to the Acting Chief of the Outer Space Affairs Division of the United Nations Secretariat, and to inform you that this letter and its enclosures will be kept in the archives of the Division.

Sincerely yours,

Denise Wyns
Outer Space Affairs Division

Mrs. Millicent Linden, Director
Tension-in-Repose
500 East 74th Street
New York, NY 10021

UNITED NATIONS NATIONS UNIES

NEW YORK 10017

OUTER SPACE AFFAIRS DIVISION
Room 3561

WORLD FOOD DAY 16 OCTOBER

Mrs. Millicent Linden, Director
Tension-in-Repose
500 East 74th Street
New York, NY 10021

UNIVERSITY OF ISFAHAN
ISFAHAN, IRAN

ISLAMIC REPUBLIC
OF IRAN

To
Linden Milicent
500 E. 74th St.
New York NY 10021
USA

International & Scientific
Educational Relations Dept .

Isfahan, 16th May 1983

Dear Sir,

On the occasion of taking upon myself the duties of the Directorship of International and Educational Scientific Relations Department of Esfahan University,I feel it is my primary obligation to [illegible]

UNIVERSITY OF ISFAHAN
INTERNATIONAL EDUCATIONAL
RELATIONS DEPT.
ISFAHAN, IRAN.

جمهوری اسلامی ایران

مطبوعات

To
Linden Milicent
500 E. 74th St.
New York NY 10021
U S A

BY AIR MAIL

Assuring you of our best cooperation at all times.

Yours in the services of Education,

Dr.Mahmud Macki Zadeh(M.A.Ph.D.)
Director.

UNDER HUMAN CREATION & APPLICATION OF E...
UNDER LAWS OF NATURE RELATED TO UNBR...
Y EXECUTION IS DONE WITH BUILT-IN
EASE Y PLEASURE THAT CORRESPOND

THE NEW YORK TIM...

STA...

SAMUEL...

Commemorative Marks the Growt...

The United States Postal Service seems to be making 1983 the year for causes. A new 20-cent commemorative for Physical Fitness has just been issued, less than three weeks after a commemorative for Volunteerism.

For the second time in less than three weeks, there was virtually no advance notice on the issuance of a new 20-cent stamp which came out yesterday at Houston, Texas during the President's Council on Physical Fitness and Sports.

The new Physical Fitness stamp uses jogging, in which millions of Americans participate, as a symbol of the rapidly rising interest in exercise and physical well-being. A woman and two men in jogging outfits are seen going through their paces along the lower left half of the stamp.

In the dark green background behind them is a white wavy line representing an electrocardiograph tracing. The commemorative text appears in blue type in a panel above the joggers and the postal data is in the lower right corner.

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The stamp has been designed by Donald Moss of Ridgefield, Conn., whose previous work in athletics is represented by the block of four 13-cent Olympics stamps of 1976 and the 1974 Tennis envelope. His designs also include the Touro Synagogue commemorative of 1982 and the 1977 Galveston Court House postal card.

The standard-sized horizontal commemorative has been produced in yellow, magenta, cyan and black by gravure by the Bureau of Engraving and Printing. There is a four-digit plate number per post office pane of 50 stamps.

Collectors of first-day-of-issue cancellations must place their orders for covers by June 13 — orders must be postmarked by that date — and they have the customary alternative ways of ordering.

Collectors affixing stamps. Those who acquire and affix the new stamp on their covers, which must be addressed, should send their orders to Customer-Affixed Envelopes, Physical Fitness Stamp, Postmaster, Houston, Texas, 77201-9681. No remittance is required.

Postal Service affixing stamps. Collectors preferring complete processing of covers by the USPS should send their envelopes, which must bear addresses, to Physical Fitness Stamp, Postmaster, Houston, Texas, 77201-9682. The cost is 20 cents for each stamp to be affixed to a cover. Personal checks are accepted; cash is not welcome; postage stamps are not accepted in payment.

The purpose of the commemorative, according to the Postal Service, is to extend "recognition of the high interest and participation by Americans in physical fitness activities. The agency notes that approximately 70 million adult Americans engage in some kind of exercise each day. Another 30 to 35 million children and young men and women participate in physical education and organized sports programs and interscholastic athletic programs."

The theme of the commemorative encompasses more than the numbers of Americans engaged in physical fitness activities. It also exemplifies what the participants get out of it — as by the choice of joggers — which is probably the most recognizable symbol of the movement today.

Joggers run at a moderate pace and for modest distances under non-competitive circumstances. They seek mainly to improve or maintain their health and fitness. Jogging is the simplest physical fitness activity next to walking and provides an effective workout in a short time. It needs no special setting, no special equipment — except good shoes — no other participants and, in most cases, only an occasional medical checkup. The effort expended burns calories at the rate of 100 per mile which helps to control weight. Jogging also results in improvements in respiration and circulation.

The way jogging, as an expression of physical fitness, has grown is indicated by the contrast between a Gallup survey in the mid 1970's, which showed some 6.5 million joggers and another poll at the close of the Seventies which reported more than 15 million who listed jogging as their main form of exercise.

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Physical fitness has been taken up in a big way by American corporations which are embracing the notion that a regimen of supervised exercise can improve health, reduce absenteeism, increase productivity and aid recruitment. Since 1973, the number of companies offering some kind of fitness program has leaped from a scanty 75 to an impressive 750, according to the President's Council on Physical Fitness. Companies are now instituting new programs weekly.

Walking is by far the most popular exercise. Other highly popular exercises are cycling, swimming and calisthenics. Sports furnish another popular way of getting exercise. Americans play some 60 sports, but, contrary to popular belief, some sports devotion little or no physical fitness according to experts in the field. They list golf, bowling, volleyball and shuffleboard in this category.

Not to be omitted are work activities around the house that require lifting, squatting, pushing or other movements that put the body's muscles to work. Washing floors, painting walls and weeding in the garden are among the many house activities that provide helpful exercise.

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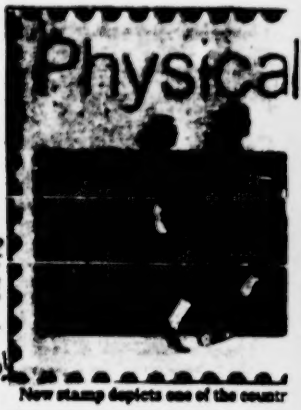
The new stamp is described as a tribute to the physical education of the youth of America from elementary school through college. Unlike the vast increase in physical fitness activities in recent years, physical education goes far back and has the longest history of all educational endeavors. In early civilizations, when people faced many threats, it was imperative to develop physically fit youths. Evidence of physical education in Cretan culture goes back to 2000 B.C.



New stamp depicts one of the countr...

No people held physical education in such esteem as did the ancient Greeks who strove for physical perfection and total development of the body. In Athens, physical education was regarded as developing individual excellence. Sparta conditioned its youths to become strong warriors. Rome's physical education was largely oriented toward military purposes.

Under the rubric of Physical Fitness, the new stamp hails a great variety of activities and objectives, but its basic theme is perhaps best expressed by two paragraphs from the current best-seller by Jane E. Brody, "The New York Times Guide to Personal Health."

"We are a species that evolved on the move: hunting and gathering and later, herding and harvesting, all by the sweat of the human brow. Though many human tribes still pursue such activities on a daily basis, in affluent countries the bulk of the population sits on the way to work, sits at work for eight or more hours, sits on the way home, sits at the dinner table and then in front of the TV and finishes off the day by lying down in bed. . . .

"Exercise is the best way to get something for nothing (or next to nothing). It is an all-around tonic for body and mind. The physical and psychological benefits of exercise could go a long way toward reducing the need for medical care and improving the quality of life — whether you are 8, 18, 48 or 88."

Maximum Cards

The Postal Service, for the first time, has produced and is selling maximum cards and is test marketing them to assay the response from collectors. Maximum cards are pictorial postal cards bearing a relevant picture or design, a stamp related to the subject of the card and a postmark relevant to the stamp, the card and the subject.

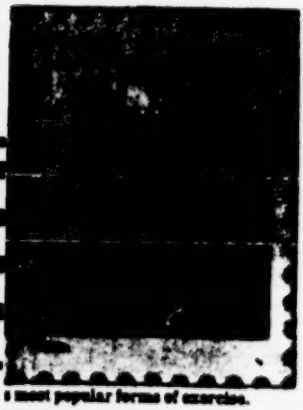
The first four maximum cards have been issued in conjunction with the block of four 40-cent international air mail stamps, the opening salvo in an array of stamps and postal stationery

EXTREME LIMITATIONS - NEED CONSTANTLY GOOD MEDICAL CHK
CONTROLLED ACTIONS WITH FULL BLOOM REACTION
SAFETY FACTORS TO GIVE THE PERFORMER GREAT
ALL EFFORT

TO PHYSICAL ACTS OF LOVE IN FULL HARMONY.

USPS
TOWER

h of Physical Fitness in the Nation



s most popular forms of exercise.

for next year's Olympic Games in Los Angeles.

The front of each card reproduces the design of one of the four stamps — men's shot put, men's gymnastics, woman's swimming and weightlifting. All are without text or postal data. The cards are 50 cents each.

Each of the four cards, with the appropriate Olympics stamp affixed and a first-day cancellation on the address side only, is available for 90 cents (50 cents for the card and 40 cents for the stamp). The stamp may be affixed on the scenic side of the card, as the collector wishes, but without the cancellation.

Each card is also available with the appropriate stamp affixed on both sides and canceled with the circular postmark on the picture side and the standard first-day cancellation on the address side for $1.30. The cards are available from the Philatelic Sales Division, Washington, D.C. 20265-9997.

Maximum cards originated in Europe some 40 years ago and have become increasingly popular with collectors. The name was derived from their size, the maximum allowed by the Universal Postal Convention.

German Concord Stamp

The United States, in a postscript to the issuance of the Concord Stamp for the tricentennial of the first German settlers in America, has made known a complicated procedure by which collectors of first-day cancellations may acquire first-day covers with the 80-pfennig German Concord stamp or with both the German and United States Concord stamps. The covers must have the German stamp or both stamps in the joint issue already affixed to envelopes. The USPS is not distributing the German stamp, which is available only from Germany or dealers.

In an exception to the German postal regulations prohibiting dual cancellations, the German stamp may be affixed to covers bearing an uncanceled American Concord issue and both will be canceled with a single stroke of the German canceling device. Covers bearing the United States stamp and first-day cancellation may have an uncanceled German Concord stamp affixed by the collector to be canceled by West Germany.

Covers meeting the various requirements, which must be accompanied by a self-addressed, stamped separate return envelope, will have the German first-day cancel applied if received by West Germany on or before July 4.

The address in Germany to write to for additional information, or to place orders, is Postamt, Sonderstempelstelle, Bonn 1, Federal Republic of Germany.

U.S. Souvenir Cards

Two of the six souvenir cards being issued this year have been put out in conjunction with commemorative stamps the United States has issued with Sweden and West Germany.

The 200th anniversary of the treaty concluded by neutral Sweden with the fledgling American republic, still technically at war with Britain, was commemorated in March by joint commemoratives of like design, and the card is not likely to depart from the stamps.

The 300th anniversary of the arrival in America of the first German settlers was marked early this month bycommemoratives from both countries, and the souvenir card harmonized with them.

Three cards are marking international philatelic exhibitions: one in Basel, Switzerland on May 21; one in Rio de Janeiro on July 29; and one in Bangkok, Thailand on Aug. 4.

The sixth, on Oct. 1, is an annual card for National Stamp Collecting Month.

Israeli Catalogue

The 12th edition of the "Bale Catalogue of Israel Postage Stamps, 1983," edited by Michael H. Bale, is a recent edition to the year's catalogues. The catalogue uses Bale numbers but provides a comparative listing to Scott's Catalogue. The prices listed are those at which the Bale firm sells them at retail, a no-nonsense approach, but are quoted in British currency.

The catalogue is distributed in the United States by Harry Edelman, 111-37 Lefferts Boulevard, South Ozone Park, 11420. The 300-page book sells for $19.95. ■

Tension - in - Repose

800 EAST 78th STREET · NEW YORK, N. Y. 10021
(212) 490-0077 MILLICENT LINDEN, DIRECTOR

The laws of NATURE are IMMUTABLE, no human agent can "change" universal principles; those laws and principles are every individual's legacy and each human being is subject to them all. The need and desire is to build upon them to obtain, achieve and attain GROWTH.

NO HUMAN BEING PURSUES THE LAWS OF NATURE
NO HUMAN BEING KNOWS GROWTH of "PHYSICAL FITNESS" because the laws of PHYSICAL HARMONY originate in the three-dimensional SPHERE.

The SPHERE is composed of CONCAVE curves, the form of ALL new life and all the SPHERES in all GALAXIES

CONCAVE is a "hollowing" to give free SPACE ROOM for MOVEMENT, THE BASIS OF LIFE
ConVEX is a "protrusion" & the form of dying cells, KILLING LIFE
TENSION-in-REPOSE is based entirely on NATURE'S PHYSICAL LAWS OF HARMONY using the common form of CONCAVE for diversified original designs having nature's laws the sole effort

ALL TRADITIONAL systems BEGIN with exertion, strain, injury-prone FROM common conVEX-pattern designs.

THE S-S-S-T-R-E-T-C-E CLASS

by

SHIRLEY WEST

Recently, the girls here in the Women's Division were initiated into a class, appropriately named the "Stretch Class", conducted by Miss Millicent Linden, noted authoress, lecturer, dancer, and physical fitness authority.

The classes are designed not for exercising, but for stretching. Miss Linden explains the steps necessary to unleash youthfulness, to replenish and renew energies, resolve tension, and to learn to live an active life without unnatural exercise in her book "Why You Should Not Exercise."

The classes give to one a sense of inner freedom which is indeed needed here. For some, it means a change to a more pleasant disposition... for others, being better able to relax and sleep, and for still others, a feeling that it dims their need for excess food, thereby letting them keep a steady weight. Inner freedom is needed by all humans, especially those of us who are incarcerated. If tension is eased inside you, then you can better cope with outside problems.

The first sessions were attended with mixed feelings of curiousity, skepticism and tolerance, but as the weeks went by, the girls admitted to walking better, running better...just feeling better all around and sleeping well. As one of the class participants remarked, "Since I started doing stretches, I feel free inside and, as a result, have a much better disposition than I had before...They have also helped me sleep better by being able to relax and to eat less, thereby keeping my weight steady."

The class is voluntary and open to all in CB-4 who are interested, so come and watch...you may want to join.

Our thanks to Miss Linden for her time and efforts to give us this opportunity.

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(ED: How about providing some details for the information of the men doing their 'stretches' here?)

AUGUST - 1962

THE NEW YORK ACADEMY OF MEDICINE
2 EAST 103RD STREET, NEW YORK, N. Y. 10029

Library TELEPHONE 876 8200 Cable: "Nyacadmed"

May 23, 1980

Ms. Millicent Linden
500 E. 74th Street
New York, NY 10021

Dear Ms. Linden:

Enclosed is a photocopy of catalog card entries indicating materials published by you, which are held in this library.

Sincerely yours,

Linda O'Callaghan

Linda O'Callaghan
Reference Department

LO:meg
Enclosure

Linden, Millicent.
See:
WZ 6822 Tension in repose; [descriptive material].
Millicent Linden: director.
New York, 1972, 6 items. illus. 4°

WZ 6822 L755t Linden, Millicent.
Stretch for life.
[Rev.] New York: Information Inc., [1976],
251 p. illus. 23 cm.
Previously published as Tension-in-repose.

P R O F I L E - e t t e

We've stretched 'Profile' into 'Profile-ette' to denote feminity, since we have selected our Distaff Editor, Shirley West, as our subject for this month....

This bright, alert, cheerful young lady, we're told, brightens the days in the Women's Dining Room and, understandably, we must rely upon hearray in writing this..rehabilitation not yet having progressed to the point of co-dining.

We understand that Shirley was recently ill for a while and also that she took a little 'vacation', which we won't discuss, from her chores in CB-4. These circumstances interfered with her participation in the 'Stretch Class' about which, incidentally, she writes in this issue of The Insider, and very well done, too. "Bunnie", our kitchen cat, who is of the female gender and accordingly's permitted to visit with the girls occasionally, reports that one of the newer 'Str..ches' has been named after Shirley because she enjoys it so much and performs it each day without fail. About the Stretches, our subject says, "They have helped me very much and I now find I have a much better disposition than before I started them."

We of the Insider Staff welcome her monthly column of chit-chat from the 'other side', about which we know very little; and in editing her columns, we rarely find anything in the way of grammatical error or taboo subjects to change or delete.

Born in D.C. (and knowing the touchiness of women..we won't mention when)...Shirley has worked as a Nurse's Aide and indicates she would like to return to that field after this 'thing' is finished... She enjoys music, is an avid cross-word puzzle fan, and likes good books. She also enjoys watching baseball games, boxing matches, basketball and plays a little golf.

Despite the fact that we've never personally met our Women's Editor, we all over here feel we know her and that we've acquired a little insight into her personality & her outlook on life, just from reading her monthly column. The best of luck at that parole hearing in October, Shirley, and in any future ventures... Just continue using the typewriter instead of the pen and everything will be 'A-okay'.

EAST HARLEM PROTESTANT PARISH

2050 SECOND AVENUE, NEW YORK 29, NEW YORK

Telephone: TRafalgar 6-4027

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Winston Hammond
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Candida Rios
Carlos M. Rios
Dorothy Robinson
Ralph P. Robinson
Betty M. Russell
Helen Webber
G. W. Webber

Dr. Edward A. Odell
Dr. Elliott D. Smith
Directors

THE PARISH CHURCHES
Church of the Resurrection
Temporary Offices:
334 East 102nd Street, Apt. 9
TE 1-0342

322 East 100th Street Storefront
Building Site
325 East 101st Street

Church of the Ascension
(Presbyterian)
310 East 104th Street
LEhigh 4-2906

Parish Annex
Ralph Robinson
Manager
RFD No. 2, Putnam Valley, N. Y.
Aberland 8-7594

EHPP Clinic
1 East 100th Street
LEhigh 4-5496

Narcotics Headquarters
1 East 103rd Street
Cathedral 9-7023

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CONSULTANTS
Home Missions Division of the National Council of Churches of Christ in USA
The Protestant Council of the City of New York

June 11, 1963

Dr. Maier
Rockefeller Foundation
Time and Life Bldg.
NYC

Sir:

Miss Millicent Linden has been working one night a week for four months with a group of former addicts, staff, and young women who are members of families in which there is the problem of narcotic addiction. This has been under the sponsorship of our Narcotic Committee recreation program at 306 E. 103rd St.

During that time she has taught portions of her system of stretches to an average of eight persons per night. Although I am in no position to give a technical evaluation of the value of this activity there is no denying that she has been remarkably successful in activating an impressive number of men and women, who are not presently using narcotics, through direct participation in physical activity. These are, by and large, people who have neglected the active employment of their bodies in recreational activity for many years; who are usually most reluctant to enter into competetive athletic enterprise of any kind.

Some of them claim that through participation in this program of stretching they have been helped to relax in moments of tension as well as finding it easier to sleep (most of this group have difficulty in fighting insomnia for a long time after withdrawal from narcotics. Almost all have indicated that the r gaining of a sense of bodily well being, that has apparently followed their participation in Miss Linden's program, has been deeply satisfying. This is born out by the continuing participation in this program of a sizable number of men who are genuinely distinguished by their inability to take part in group activities for any period of long duration.

In short, we are greatful for Miss Linden's contribution to the lives of our men and women who have been enriched and encouraged by her promotion and teaching of the Linden system of stretching.

Sincerely,

(The Rev.) Lynn L. Hageman
Executive Director
E.H.P.P. Narcotics Committee

Tension - in - Repose

800 EAST 74th STREET · NEW YORK, N. Y. 10021

MILLICENT LINDEN, Director

"I have a copy of T-in-R...and work on it for 5 years. ...I have been helped wonderfully from the effects of stroke even my attitude - thinking - improved greatly - my outlook. ...There have always been prophets - cry in the wilderness.- ..... Cry on!!

"Just read a few chapters here and there of Tension in Repose. It's the most valuable, informative book I've ever run across.....I am very impressed with your ideas & insight. ..... send me eight copies.....

HERE IS WHAT DOCTORS SAY

About This Revolutionary System Of "Non-Exercise"

"I fully appreciate the presentation of all that you have written, and will push on to my patients what you have to say. —M. O. str. M.C.S.P., registered physiotherapist, Capetown, South Africa.

"I publish the Abingdon Papers and would like permission to publish your movements used at the New York Hospital. ... I personally have done all the movements and find them exactly as you have described. Please add me as one of your supporters." —Edna Allen Brown, Boston, Mass.

"From a pamphlet distributed by the Abingdon Press, New York. Montreal, Canada, Toronto, London

"Combined with the significant and most surprising fact that the smoker who has stopped smoking, or who has never started, cigarette consumption ...

Contrary to common experience, these movements are done with pleasure. The gentleness and smiling ease endows the performer to do only such movements. This naturally creates a minimum of exertion and a maximum return for the effort.

The movements are easy and simple. Each movement is done but once in each performance.

The purpose of these exercises is to relax the body without fatigue, to trim the waistline and keep it slim, to tone up the abdominal muscles, to stand straighter without further effort, to feel more buoyant, and to keep the body in reasonable fair shape down next to space.

HERE'S WHAT PATIENTS SAY:

"I have a bad case of artery hardening, so I wrote the speech you recommended. It has done more for me than any pain I have taken. I do the speech at night, and I can feel the blood surrounding in my body." —Hubert Stone, Barrowmore, Col

"Now I have improved during your exercises. Before I started the exercises, I had quite a bit of arthritic pain in my back and arms. Now I have no pain, but a sense of well-being and soreness a-ny body." —Hollis T. Morton, New York

"There is really tremendous great in these principles, concepts and easy as they appear at first. It is so far-to-a-base have meant gone a process in punishing themselves by hard exercising. I have tried it, as I said, I does I get tired at all for."

—William Bonner, Wash., D.C.

FROM TRAINED ATHLETES AND DANCERS

(If these principles can also there down, think what they can do for you!)

"My legs are shortening and reshaping. I feel less fatigue during the practice sessions."

—A.F., New York Ballerina

"My waistline is in order, but does seem not enough I have lost no weight."

—J.D., Wrestling Ballerina

"I feel as though I'd have chosen a whole day's workout — except that I'm now tired as all — A physical-training instructor at a New York City police academy.

HERE'S WHAT THE PRESS SAYS:

From Harper's Bazaar: "Every now like a bird from the prisons of your tensions, and provides the spring new leeway for the body. How can anything so relaxing and pleasant work such wonders? But so it does! These natural, deep-breathing, tension-dissipating movements do almost miraculous things to body's energy, create inner calm, and induce quiet sleep. What's more, they never tax the heart, stream tighten and free the muscles."

From the Washington D.C. Star: "Forget about that diet... Stop worrying yourself sick and thinner and bread. Millicent Linden describes how spirituality is superior to exercise in achieving beauty and balance."

HERE'S WHAT DRUG ADDICTS SAY:

(If these simple exercises do relax them so completely, just think what they can do for you!)

"The way I was feeling, I felt that reading in the world but a shot of dope would make my body and mind feel considerable.

But after doing several of these exercises the most remarkable things began to happen. The aches and pains suddenly left my body and I felt a re-appearance of electric surge through me. That night, for honestly say that I had a full night's sleep on a king bed." —A.R., New York City

"When a rebel I felt so relaxed, so suddenly relieved of a sense of freedom I cannot explain. I had no cold symptoms to sleep. Before I came to know the heavenly, deep relaxation by that nonetheless of rare peace of mind.

I have never believed the old of medicine."

—M.D., New York City

from: Headquarters
United States Corps of Cadets
West Point, New York

"The recent course of instruction in dancing which you taught to the fourth class cadets at the United States Military Academy showed your exceptional qualifications as a dance instructor. Your unfailing enthusiasm during each class was instrumental in inspiring maximum participation by the cadets.

Your thorough planning of the course was evident. Though the scope was broad, you covered a great deal of material in the time available. But most important of all was the marked improvement in dancing shown by the cadets.

I am certain that each cadet who participated in your dance instruction program will long retain the skills you taught as well as the memory of a most enthusiastic and gracious dance instructor."

Amos B. Shattuck
Maj. Sig. C.
Officer-in-Charge
Social Conduct Course

"STRETCH AND GROW GLAMOROUS"

Forget about that diet, girls. Stop torturing yourself with kicks and bumps and bends. Millicent Linden, a sparkling, sylph-like creature who has taught her theories of body dynamics throughout the country (including to the West Point Plebes) describes them in a fascinating little book, "WHY YOU SHOULD NOT EXERCISE." Quoting da Vinci, "Every heavy body desires to lose its heaviness—" (how true!), she describes how stretching is superior to exercise in achieving buoyancy and bounce."

Marjorie Holmes
The Sunday Star
Washington, D. C.

I saw you on television last Friday and ordered your book. I have already learned the five stretches.

I have paid more than $50.00, many times in the past, for courses from which I got less than from the nominal sum I spent for your book. I consider that this was a real "find."

Dr. A. F. Sisson
Avondale, Md.

the Lighthouse

Your most interesting book "WHY YOU SHOULD *NOT EXERCISE*, was sent to me by a patient. You have struck the keynote of Life by emphasizing the sensory action with relaxation, which is rhythmic in nature and continuous. And basing your foundation on the atomic currents as the unit and the cosmic currents in the planetary orbits makes it a complete whole of the microscopic and macroscosmic relationship. Source and supply. This was the dream and the theme of the philosophers of old—the body as the field and the energy as the life breath in which all are sustained.

(signed) Dr. Randolph Stone
Chicago, Ill.

The "Stretches" described by Miss Millicent Linden in her book WHY YOU SHOULD *NOT* EXERCISE constitute an extremely useful and beneficial method of keeping the body flexible and young. They are particularly adjusted to our times of speed and overemphasis of often time consuming exercises, since only two minutes daily are needed for accomplishing their purpose. I can recommend to everyone her book and its application.

3 East 85th Street
New York City

Jr William Gutmay.

Having had the real privilege of talking to one of our younger generation of prophets of dealing, thank God, with the human body and some of its unexplored possibilities, and having been given her very valuable book entitled WHY YOU SHOULD *NOT* EXERCISE, I am moved to say a few words of very genuine admiration of what Millicent Linden is doing with her book, lectures and demonstrations. Here we have a real edition to our as yet not too profound approach to the wonders of the human body.

My own philosophy, as many know, is, these many years has been that in our own body, we have the most marvelous instrument in the world to express life itself, and we put a far greater value on our car, our typewriter, or what have you. No one upon reading her book can fail to be stimulated and roused to be up and doing.

Faithfully,

Ruth St. Denis
New York City

When I heard Millicent Linden give one of her lectures, I found myself deeply impressed by what she had to say. Her talk was learned, yet immediately understandable—all about Leonardo da Vinci's observations of nature, about the tug of gravity, the circle as a perfect line, etc., and the relations of these things to bodily health, grace and movement.

Even as she spoke, I felt an inner connection between her words and her own being. At first, I could not understand the connection though I felt it strongly.

Suddenly, it became clear to me. Here was a woman who in her own person exemplified everything she said and stood for. She is one of a rare group, a truly natural person in the best sense of the term. She walked naturally, she talked naturally, she breathed naturally. Everything about her seemed to flow in an artless effortless rhythm which induced in the listener a feeling of well being and perfect ease.

After Miss Linden's lecture, I chatted with many in the audience to see if my reactions were shared by others. I found that most everyone responded just as I had though each expressed it in his or her own way.

If ever a person realized in her very nature and bearing and movements her own philosophy, that person is Millicent Linden.

Theodore Lane
Washington, D. C.

Lenox Hill Hospital

100 East 77th Street
New York, New York 10021

July 3, 1979

To St Rose St

May Concern:

Millicent Linder is followed by the Orthopedic Clinic here periodically for severe decreased range of motion of the lumbo-sacral spine and pelvis secondary to permanent malalignment. She also has a history of osteomyelitis of the left femur and temporal-mandibular joint dislocation. In my opinion she is permanently unemployable.

Yours truly,
N. Goldfarb, m.d.
Orthopedic Clinic
/cl

LENOX HILL HOSPITAL
EMERGENCY ROOM

To Whom It May Concern:

Millicent Linden

was seen in the Emergency Room of Lenox Hill Hospital on 1/17/81

between 1:45 (AM/PM and 5 AM/PM.

May return to work/school in _____ days. unable to make scheduled appointment

Very truly yours,

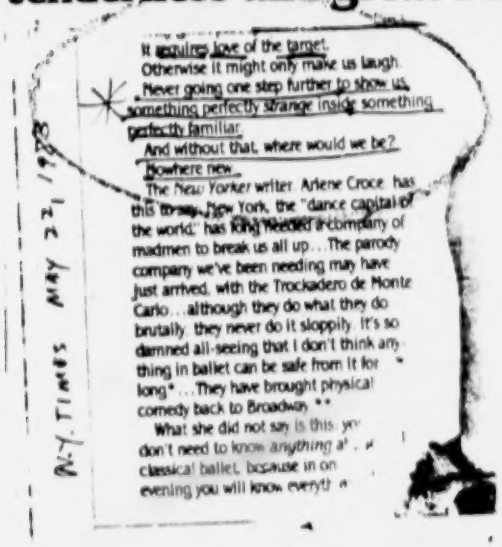
dr cantagna to (A) fixed upon abrasions

_____ M.D.

E.R. 770

Rendered unconscious in fall from internal disequilibrium resulting from medical injuries to jaw joint and pelvis; police and ambulance in attendance as consciousness returned; taken to Lenxo Hill Hospital EmerGency Service in Lenox Hill Ambualance; right eye closed, right side of face swollen, discolored, cervical alignment felt disturbed, pelvic and vertebral malaligNments aggravated from diagnosed "severe malaligNement of spine and pelvis"; internal disturbances persist currently, as functional intestinal disturbance, increased debilitation of muscles, black spots in right eye vision, flshing streaks of whit elight extreme right; walking, standing, sitting, etc., shortened limitations of previously existing conditions.

These men aren't coming to New York just to show you a few moments of tenderness and great beauty.



It requires love of the target.
Otherwise it might only make us laugh.
Never going one step further to show us
something perfectly strange inside something
perfectly familiar.
And without that, where would we be?
Nowhere new.
The *New Yorker* writer Arlene Croce has
this to say. New York, the "dance capital of
the world," has long needed a company of
madmen to break us all up... The parody
company we've been needing may have
just arrived, with the Trockadero de Monte
Carlo...although they do what they do
brutally, they never do it sloppily. It's so
damned all-seeing that I don't think any-
thing in ballet can be safe from it for
long"...They have brought physical
comedy back to Broadway."
What she did not say is this: yo
don't need to know *anything* a
classical ballet, because in on
evening you will know everyth

N.Y. TIMES MAY 22, 1988

* THE COURTS HAVE DELIBERATELY SUPPRESSED TALKING, GOING THAT NEEDED STEP FORWARD IN FALSIFYING OFFICIAL COURT RECORDS

Lenox Hill Hospital
100 East 77th Street
New York, New York 10021

July 3, 1979

To Whom It
May Concern:

Millicent Linder is followed by the Orthopedic Clinic here periodically for severe decreased range of motion of the lumbo-sacral spine and pelvis secondary to permanent malalignment. She also has a history of osteomyelitis of the left femur and temporal-mandibular joint dislocation. In my opinion, she is permanently unemployable.

Yours truly,
M. Goldstone, M.D.
Orthopedic Clinic
/cl

LENOX HILL HOSPITAL
EMERGENCY ROOM

To Whom It May Concern:

Michael London

was seen in the Emergency Room of Lenox Hill Hospital on 1/12/81

between 12 AM/PM and 5 AM/PM.

May return to work/school in _____ days. Unable to make scheduled appointment

Very truly yours,

Dr. Cardozo to (D) Freed upon release

Arthur M. L. M.D.

E.R. 770

Rendered unconscious in fall from internal disequilibrium resulting from medical injuries to jaw joint and pelvis; police and ambulance in attendance as consciousness returned; taken to Lenxo Hill Hospital Emergency Service in Lenox Hill Ambualance; right eye closed, right side of face swollen, discolored, cervical alignment felt disturbed, pelvic and vertebral malaligments aggravated from diagnosed-"severe malalignement of spine and pelvis"; internal disturbances persist currently, as functional intestinal disturbance, increased debilitation of muscles, black spots in right eye vision, flshing streaks of whit elight extreme right; walking, standing, sitting, etc., shortened limitations of previously existing conditions.

"TO SIN BY SILENCE WHEN YOU SHOULD PROTEST, MAKES COWARDS OF MEN" Abraham Lincoln

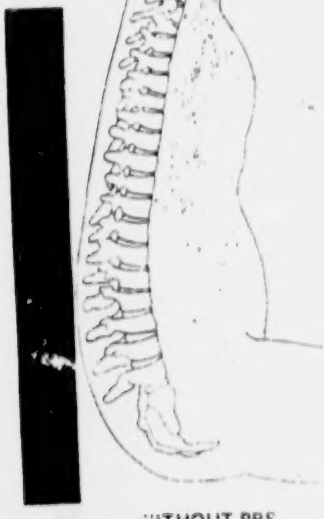
Tension - in - Repose

MILLICENT LINDEN, DIRECTOR

The Posture Back Support...

Tension - in - Repose

560 EAST 74th STREET - NEW YORK, N. Y. 10021



rence!

T-IN-R WITHOUT PBS GREATER

The PBS makes a difference. Try it!

The Posture Back Support makes a difference. Ask your doctor orthopedic supplier or health care specialist to test the Posture Back Support. It's simple. Just place the Posture Back Support in a chair, sit back and relax for a few minutes. Then remove the Posture Back Support and experience the reversing of the spine and resulting discomfort in your back. Now place the Posture Back Support back again and relax. You'll feel the improvement immediately.

WITH PBS
MODEL #8000 T-IN-R

The PBS will help you!

GOES FURTHER

The Posture Back Support is a scientifically efficient device that promotes proper posture and aids in improving one's physical well being. It greatly reduces muscle tension in the back, neck and legs. It also insures proper alignment of the spine and rib cage, facilitate correct breathing, and it helps maintain proper posture mechanics.

The Posture Back Support will significantly increase your comfort when sitting at home, in the office, at the plant or when driving. In fact, many individuals have long postponed a motor trip or backache and related problems. Now they may enjoy the comfort of driving without pain by using this inexpensive device.

The PBS was designed with you in mind.

The Posture Back Support is made of lightweight durable foam so it will retain its shape. It's covered with an easy care vinyl available in off white or black. And the Posture Back Support is portable - so you can use it in your car, office or home.

It's available in three sizes small, medium and large. The medium size will fit approximately 80% of the population. Your doctor, orthopedic supplier, health care specialist or distributor can assist you in selecting the proper size for you. Or, you can refer to either the self-explanatory fitting chart below or the product fact sheet included with each Posture Back Support.

POSTURE SUPPORT Mfg., INC.
Solon, Ohio 44139

Model No. 8000 covered by U.S. Pats. 3,361,471 and D 207,315

Fitting Chart

The Posture Back Support was specifically designed to conform to the physical requirements of virtually any individual. Use the chart below for the size to meet your specific needs.

Your Height	The PBS Size You
4'0" to 5'3"	
5'4" to 6'0"	
6'1" to 6'7"	

The figure on the left represents the normal human anatomy in a flaccid posture
The figure on the right represnts the normal human anatomy in a normal figure.
The flaccid posture is an absence of sufficient tnetion for muscle action.
The normal posture is the presence of two different curves, convex & concave "S"
The concave curve distributes weight evenly and results in absence of strain.
The convex curve is protrusion, faces away from the center of the umbilical "S"
The concave curve faces the center, navel, protects (caressingly) W H O L E Bod
T E N S I O N - in- R E P O S E is an ALL-EMBRACING single action, with ease, even distribution of body weight gives equalized pressure; pressure pull in lax and flaccid muscles automatically, lifts the body physically, literally the concave curve the agent in nature that lifts in simultaneous opposite downward pressure that gives the support all matter demands for free action.
In nature, elements are situated one within the other in 3-dimenional SPHERE.
TENSION-in-REPOSE original designs have common principles of the SPHERE, eases the interrupted normal "S" form of human antomy, weaknesses, keeps the body ready for action without further conditioning exertions, normalizes tensions, does away with undue strain, makes stress constructive, circulation dynamic, respiration involuntarily deeper, aligns the spine in automatic reaction, straightening the whole vertebral column from the lifting action of the cu
TENSION-in-REPOSE is the literal, actual, physical HARMONY [illegible] SPHERE
in all CELESTIAL BOD[illegible]

THE S-S-S-T-R-E-T-C-H CLASS

BY BARLEY WEST

Recently, the girls here in the Women's Division were initiated into a class, appropriately named the "Stretch Class", conducted by Miss Millicent Linden, noted authoress, lecturer, dancer, and physical fitness authority.

The classes are designed not for exercising, but for stretching. Miss Linden explains the steps necessary to unleash youthfulness, to replenish and renew energies, resolve tension, and to learn to live an active life without unnatural exercise in her book "Why You Should Not Exercise."

The classes give to one a sense of inner freedom which is indeed needed here. For some, it means a change to a more pleasant disposition... for others, being better able to relax and sleep, and for still others, a feeling that it dims their need for excess food, thereby letting them keep a steady weight. Inner freedom is needed by all humans, especially those of us who are incarcerated. If tension is eased inside you, then you can better cope with outside problems.

The first sessions were attended with mixed feelings of curiousity, skepticism and tolerance, but as the weeks went by, the girls admitted to walking better, running better...just feeling better all around and sleeping well. As one of the class participants remarked, "Since I started doing stretches, I feel free inside and, as a result, have a much better disposition than I had before...They have also helped me sleep better by being able to relax and to eat less, thereby keeping my weight steady."

The class is voluntary and open to all in CB-4 who are interested, so come and watch...you may want to join.

Our thanks to Miss Linden for her time and efforts to give us this opportunity.

****

(ED: How about providing some details for the information of the men doing their 'stretches' here?)

AUGUST - 1962

THE NEW YORK ACADEMY OF MEDICINE
2 EAST 103RD STREET, NEW YORK, N. Y. 10029

Library TELEPHONE 876 8200 Cable: "Nyacadmed"

May 23, 1980

Ms. Millicent Linden
500 E. 74th Street
New York, NY 10021

Dear Ms. Linden:

Enclosed is a photocopy of catalog card entries indicating materials published by you, which are held in this library.

Sincerely yours,

Linda O'Callaghan

Linda O'Callaghan
Reference Department

LO:neg
Enclosure

Linden, Millicent.
See:
W 9 Tension in repose; [descriptive material].
6822 Millicent Linden: director.
New York, 1972, 6 items. illus. 4°

W 9-P5T Linden, Millicent.
L 71 Stretch for life.
1966 [New.] New York: Information Inc., [1966],
24 p. illus. 22 cm.
Previously published as Tension-in-repose.

P R O F I L E - e t t e

We've stretched 'Profile' into 'Profile-ette' to denote femininity, since we have selected our Distaff Editor, Shirley West, as our subject for this month....

This bright, alert, cheerful young lady, we're told, brightens the days in the Women's Dining Room and, understandably, we must rely upon hearsay in writing this..rehabilitation not yet having progressed to the point of co-dining.

We understand that Shirley was recently ill for a while and also that she took a little 'vacation', which we won't discuss, from her chores in CB-4. These circumstances interfered with her participation in the 'Stretch Class' about which, incidentally, she writes in this issue of The Insider, and very well done, too. "Nunnie", our kitchen cat, who is of the female gender and accordingly is permitted to visit with the girls occasionally, reports that one of the newer 'Str..ches' has been named after Shirley because she enjoys it so much and persists in each day without fail. About the Stretches, our subject says, "They have helped me very much and I now find I have a much better disposition than before I started them."

We of the Insider Staff welcome her monthly column of chit-chat from the 'other side', about which we know very little; and in editing her columns, we rarely find anything in the way of grammatical error or taboo subjects to change or delete.

Born in D.C. (and knowing the toughness of women..we won't mention when)...Shirley has worked as a Nurse's Aide and indicates she would like to return to that field after this 'thing' is finished... She enjoys music, is an avid cross-word puzzle fan, and likes good books. She also enjoys watching baseball games, boxing matches, basketball and plays a little golf.

Despite the fact that we've never personally met our Women's Editor, we all over here feel we know her and that we've acquired a little insight into her personality & her outlook on life, just from reading her monthly column. The best of luck at that parole hearing in October, Shirley, and in any future ventures... Just continue using the typewriter instead of the pen and everything will be 'A-okay'.

- 00000 -

AUGUST - 1962

EAST HARLEM PROTESTANT PARISH

2050 SECOND AVENUE, NEW YORK 29, NEW YORK

Telephone: TRafalgar 6-4027

THE GROUP MINISTRY
Florence Borrmann
Elizabeth Calvert
George E. Calvert
Charles L. Coleman
Luetta Coleman
Donald DeYoung
Jacqueline DeYoung
Margaret Eddy
Norman C. Eddy
Mary Elmendorf
Wendell Elmendorf
Louis Hageman
Anne Hageman
Grace Hammond
Theodore Hammond
Jane Harbaugh
Wayne C. Hartmire
Lois Ingham
Candida Rios
Carlos M. Rios
Dorothy Robinson
Ralph P. Robinson
Betty M. Russell
Helen Webber
G. W. Webber

Rev. Edward A. Odell
Rev. Elliott D. Smith
Advisors

THE PARISH CHURCHES
Church of the Resurrection
Temporary Offices:
324 East 102nd Street, Apt. 9
TE 1-0342

322 East 100th Street Storefront
Building Site
325 East 101st Street

Church of the Ascension
(Presbyterian)
510 East 104th Street
LEhigh 4-2906

Parish Assoc.
Ralph Robinson
Manager
RFD No. 2, Putnam Valley, N. Y.
Akeland 8-7554

H.P.P. Clinic
1 East 100th Street
LEhigh 4-5496

Narcotics Headquarters
1 East 103rd Street
Atwater 9-7023

THE ADMINISTRATIVE BOARD
Rev. David Barry
President

New York City Mission Society
Presbyterian Church, USA
American Baptist Convention
Congregational Christian Churches
Reformed Church in America
Methodist Church
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Evangelical and Reformed Church
Union Theological Seminary

CONSULTANTS
Home Missions Division of the National
Council of Churches of Christ in USA
City Protestant Council
of the City of New York

June 11, 1963

Dr. Baier
Rockefeller Foundation
Time and Life Bldg.
NYC

Sir:

Miss Millicent Linden has been working one night a week for four months with a group of former addicts, staff, and young women who are members of families in which there is the problem of narcotic addiction. This has been under the sponsorship of our Narcotic Committee recreation program at 306 E. 103rd St.

During that time she has taught portions of her system of stretches to an average of eight persons per night. Although I am in no position to give a technical evaluation of the value of this activity there is no denying that she has been remarkably successful in activating an impressive number of men and women, who are not presently using narcotics, through direct participation in physical activity. These are, by and large, people who have neglected the active employment of their bodies in recreational activity for many years; who are usually most reluctant to enter into competetive athletic enterprise of any kind.

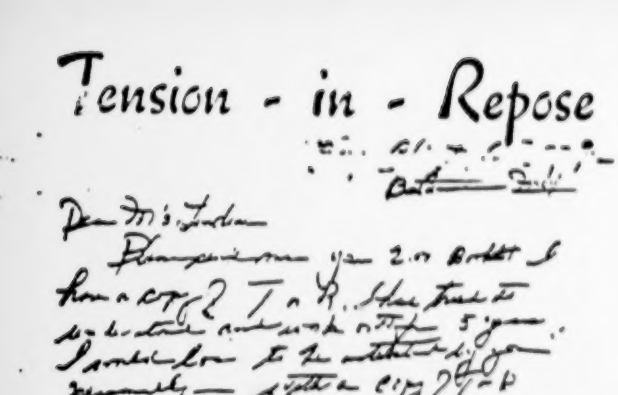
Some of them claim that through participation in this program of stretching they have been helped to relax in moments of tension as well as finding it easier to sleep (most of this group have difficulty in fighting insomnia for a long time after withdrawal from narcotics. Almost all have indicated that the r gaining of a sense of bodily well being, that has apparently followed their participation in Miss Linden's program, has been deeply satisfying. This is born out by the continuing participation in this program of a sizable number of men who are genuinely distinguished by their inability to take part in group activities for any period of long duration.

In short, we are greatful for Miss Linden's contribution to the lives of our men and women who have been enriched and encouraged by her promotion and teaching of the Linden system of stretching.

Sincerely,

(The Rev.) Lynn L. Bageman
Executive Director
E.H.P.P. Narcotics Committee

Tension - in - Repose



"I have a copy of T-in-R...and work on it for 5 years. ...I have been helped wonderfully from the effects of stroke even my attitude - thinking - improved greatly - my outlook. ...There have always been prophets - cry in the wilderness.- ..... Cry on!!

"Just read a few chapters here and there of Tension in Repose. It's the most valuable, informative book I've ever run across.....I am very impressed with your ideas & insight. ..... send me eight copies.....

HERE IS WHAT DOCTORS SAY

About This Revolutionary System Of "Non-Exercise"!

"I fully appreciate the importance of all that you have written, and will push on to my patients what you have to say."—M. Oliver, M.C.S.P., chartered physiotherapist, Capetown, South Africa.

"I publish the Alabama Patient and would like permission to publish your comments used at the New York Hospital... I personally have done almost all the movements and find them exactly as you have described. Please let me as one of your supporters."—Lillian Allen Browne, Denver, Mass.

From a pamphlet distributed by the Administrative Office, New York Hospital-Cornell Medical Center:

"Combined within are specifically designed exercises to help the smoker who has stopped smoking, or who has cut down cigarette consumption...

Contrary to familiar exercises, these movements are done with gentleness. The gentleness and smaller size enables the performer to ease into each movement. This naturally means a minimum of exertion with a maximum return for the effort.

The movements are easy and simple. Each movement is done but once at each performance.

The purpose of these exercises is to relax the body without fatigue, to calm the muscles and nerves so that you may use the abdominal muscles, to stand straighter without further effort, to feel more vigorous, and to keep the body in reasonable fair shape with a minimum of work or sports."

HERE'S WHAT PATIENTS SAY:

"I have a bad case of artery hardening, so I wrote the stretch you recommended. In but done more for me than any pain I have taken. I do the stretch at night, and I can feel the blood circulating in my body."—Mark Sierra, Sacramento, Cal.

"Now I have improved during your exercises. Before I started the exercises I had quite a bit of arthritic pain in my back and arms. Now I have no pain, but a sense of well-being and alertness in my body."—Mrs. F. Morton, New York.

"There is really astonishing proof in these exercises, energy and zest in their power to do. It is so fortunate to have such proof to believe in punishing themselves by hard exercising. I have tried it, as I said, and I know I can have it all free."

—Miss Anne Brown, Wash., D.C.

FROM TRAINED ATHLETES AND DANCERS

(If these exercises can also help them down.

Mind what they can do for you!)

"My legs are slimming and reshaping. I feel less fatigue during the practice sessions."

—A.T., New York Ballet Co.

"My waistline is trimming, and there seems less need though I have lost no weight."

—I.D., Professional Ballet Co.

"I feel as though I'd been through a whole day's workout — except that I'm not tired at all" — A percussionist-dancer on a New York City picture academy.

HERE'S WHAT THE PRESS SAYS:

From Harper's Bazaar: "Every muscle like a bird from the prison of your tensions, and provides the very new beauty for the body... How can anything so relaxing and pleasant work such wonders? But it is done. These natural, deep-breathing, unique exercises, performed in simple, peaceful repose, do away with body's energy, create inner calm, and induce sound sleep... What's more, they never tax the heart, always tighten and tone the muscles."

From the Washington, D.C. STAR: "Forget about that diet... Keep reducing yourself with this and forever and forever. Millicent Linden describes how stretching is superior to exercise in achieving beauty and balance."

HERE'S WHAT DRUG ADDICTS SAY:

(If these simple exercises can relax them so completely, just think what they can do for you!)

"The way I was feeling, I felt that nothing in the world was a shot of dope would make my body and mind feel comfortable.

But after doing several of these exercises the most remarkable things began to happen. The aches and pains suddenly left my body, and I felt a warm feeling of elation surge through me. That night, for honestly say that I had a full night's sleep in a long time."—A.R., New York City.

"When a rebel I felt no misery to undertake relaxation and sense of freedom I cannot explain. I had before experiments to sleep, before I came to know the necessity, never understood that nervousness is a state of mind.

I now sleep without the aid of anything."

—J.D., New York City

from: Headquarters
United States Corps of Cadets
West Point, New York

"The recent course of instruction in dancing which you taught to the fourth class cadets at the United States Military Academy showed your exceptional qualifications as a dance instructor. Your unfailing enthusiasm during each class was instrumental in inspiring maximum participation by the cadets.

Your thorough planning of the course was evident. Though the scope was broad, you covered a great deal of material in the time available. But most important of all was the marked improvement in dancing shown by the cadets.

I am certain that each cadet who participated in your dance instruction program will long retain the skills you taught as well as the memory of a most enthusiastic and gracious dance instructor."

Amos B. Shattuck
Maj. Sig. C.
Officer-in-Charge
Social Conduct Course

"STRETCH AND GROW GLAMOROUS"

Forget about that diet, girls. Stop torturing yourself with kicks and bumps and bends. Millicent Linden, a sparkling, sylph-like creature who has taught her theories of body dynamics throughout the country (including to the West Point Plebes) describes them in a fascinating little book, "WHY YOU SHOULD NOT EXERCISE." Quoting da Vinci, "Every heavy body desires to lose its heaviness—" (how true!), she describes how stretching is superior to exercise in achieving buoyancy and bounce."

Marjorie Holmes
The Sunday Star
Washington, D. C.

I saw you on television last Friday and ordered your book. I have already learned the five stretches.

I have paid more than $50.00, many times in the past, for courses from which I got less than from the nominal sum I spent for your book. I consider that this was a real "find."

Dr. A. F. Sisson
Avondale, Md.

The Lighthouse

Your most interesting book "WHY YOU SHOULD *NOT EXERCISE*. was sent to me by a patient. You have struck the keynote of Life by emphasizing the sensory action with relaxation, which is rhythmic in nature and continuous. And basing your foundation on the atomic currents as the unit and the cosmic currents in the planetary orbits makes it a complete whole of the microscopic and macroscoumic relationship. Source and supply. This was the dream and the theme of the philosophers of old—the body as the field and the energy as the life breath in which all are sustained.

(signed) Dr. Randolph Stone
Chicago, Ill.

The "Stretches" described by Miss Millicent Linden in her book WHY YOU SHOULD *NOT* EXERCISE constitute an extremely useful and beneficial method of keeping the body flexible and young. They are particularly adjusted to our times of speed and overemphasis of often time consuming exercises, since only two minutes daily are needed for accomplishing their purpose. I can recommend to everyone her book and its application.

3 East 85th Street
New York City

Dr William Gutmay.

Having had the real privilege of talking to one of our younger generation of prophets of dealing, thank God, with the human body and some of its unexplored possibilities, and having been given her very valuable book entitled WHY YOU SHOULD *NOT* EXERCISE, I am moved to say a few words of very genuine admiration of what Millicent Linden is doing with her book, lectures and demonstrations. Here we have a real edition to our as yet not too profound approach to the wonders of the human body.

My own philosophy, as many know, is, these many years has been that in our own body, we have the most marvelous instrument in the world to express life itself, and we put a far greater value on our car, our typewriter, or what have you. No one upon reading her book can fail to be stimulated and roused to be up and doing.

Faithfully,

Ruth St. Denis
New York City

When I heard Millicent Linden give one of her lectures, I found myself deeply impressed by what she had to say. Her talk was learned, yet immediately understandable—all about Leonardo da Vinci's observations of nature, about the tug of gravity, the circle as a perfect line, etc., and the relations of these things to bodily health, grace and movement.

Even as she spoke, I felt an inner connection between her words and her own being. At first, I could not understand the connection though I felt it strongly.

Suddenly, it became clear to me. Here was a woman who in her own person exemplified everything she said and stood for. She is one of a rare group, a truly natural person in the best sense of the term. She walked naturally, she talked naturally, she breathed naturally. Everything about her seemed to flow in an artless effortless rhythm which induced in the listener a feeling of well being and perfect ease.

After Miss Linden's lecture, I chatted with many in the audience to see if my reactions were shared by others. I found that most everyone responded just as I had though each expressed it in his or her own way.

If ever a person realized in her very nature and bearing and movements her own philosophy, that person is Millicent Linden.

Theodore Lane
Washington, D. C.

Lenox Hill Hospital

100 East 77th Street
New York, New York 10021

July 3, 1979

To Whom It
May Concern:

Millicent Linder is followed by the Orthopedic Clinic here periodically for severe decreased range of motion of the lumbo-sacral spine and pelvis secondary to permanent malalignment. She also has a history of osteomyelitis of the left femur and temporal-mandibular joint dislocation. In my opinion, she is permanently unemployable.

Yours truly,
N. Polliack, M.D.
Orthopedic Clinic
/ck

LENOX HILL HOSPITAL
EMERGENCY ROOM

To Whom It May Concern:

Millicent Linder

was seen in the Emergency Room of Lenox Hill Hospital on 1/12/81

between 1:25 (AM/PM) and 5 AM/PM.

May ~~return~~ to work/school in _____ days. Unable to make scheduled appointments

Very truly yours,

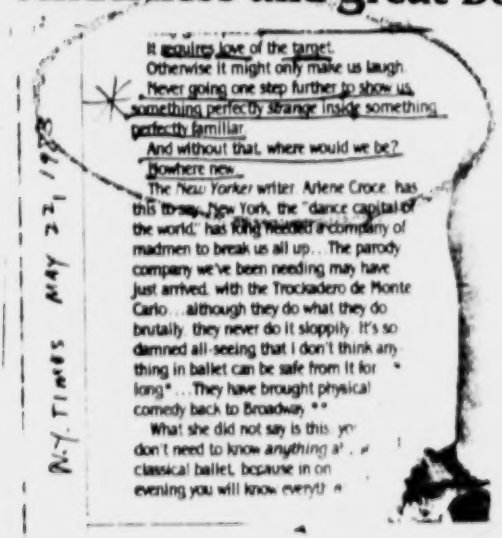
Dr continue to (A) feed gum abscess

_____ M.D.

E.R. 770

Rendered unconscious in fall from internal disequilibrium resulting from medical injuries to jaw joint and pelvis; police and ambulance in attendance as consciousness returned; taken to Lenxo Hill Hospital Emergency Service in Lenox Hill Ambualance; right eye closed, right side of face swollen, discolored, cervical alignment felt disturbed, pelvic and vertebral malaligments aggravated from diagnosed "severe malalignement of spine and pelvis"; internal disturbances persist currently, as functional intestinal disturbance, increased debilitation of muscles, black spots in right eye vision, flshing streaks of whit elight extreme right; walking, standing, sitting, etc., shortened limitations of previously existing conditions.

These men aren't coming to New York just to show you a few moments of tenderness and great beauty.


It requires love of the target.
Otherwise it might only make us laugh.
Never going one step further to show us
something perfectly strange inside something
perfectly familiar.
And without that, where would we be?
Nowhere new.
The New Yorker writer Arlene Croce has
this to say. New York, the "dance capital of
the world," has long needed a company of
madmen to break us all up... The parody
company we've been needing may have
just arrived, with the Trockadero de Monte
Carlo...although they do what they do
brutally, they never do it sloppily. It's so
damned all-seeing that I don't think any-
thing in ballet can be safe from it for *
long*...They have brought physical
comedy back to Broadway.**
What she did not say is this: yo
don't need to know anything a
classical ballet, because in on
evening you will know everyth
N.Y. TIMES MAY 22, 1988

* THE COURTS HAVE DELIBERATELY SUPPRESSED TALKING, GOING THAT NEEDED STEP FORWARD IN FALSIFYING OFFICIAL COURT RECORDS

Lenox Hill Hospital

100 East 77th Street
New York, New York 10021

July 3, 1979

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Yours truly,
T. Polisseni, m.d.
Orthopedic Clinic
/ck

LENOX HILL HOSPITAL
EMERGENCY ROOM

To Whom It May Concern:

Mildred Linder

was seen in the Emergency Room of Lenox Hill Hospital on 1/12/61

between 1 (AM/PM and 5 AM/PM.

May return to work/school in _____ days. Unable to make scheduled appointment

Very truly yours,

Dr. Rodriguez to (F) freed from obligation

Stephen L. M.D.

E.R. 770

Rendered unconscious in fall from internal disequilibrium resulting from medical injuries to jaw joint and pelvis; police and ambulance in attendance as consciousness returned; taken to Lenxo Hill Hospital Emergency Service in Lenox Hill Ambualance; right eye closed, right side of face swollen, discolored, cervical alignment felt disturbed, pelvic and vertebral malaligments aggravated from diagnosed-"severe malalignement of spine and pelvis"; internal disturbances persist currently, as functional intestinal disturbance, increased debilitation of muscles, black spots in right eye vision, flshing streaks of whit elight extreme right; walking, standing, sitting, etc., shortened limitations of previously existing conditions.

"TO SIN BY SILENCE WHEN YOU SHOULD PROTEST, MAKES COWARDS OF MEN" Abraham Lincoln

UNITED STATES COURT OF APPEALS
FOR THE SECOND CIRCUIT
----------X

MILLICENT LINDEN,

Plaintiff-Appellant

- v. -

THE STATE OF NEW YORK,

Defendant-Respondent.

----------X

Docket No. 82-7784

82 Civ. 4684

NOTICE OF APPEAL

S I R S :

PLEASE TAKEN NOTICE that the above named plaintiff, Millicent Linden, hereby appeals to the UNITED STATES SUPREME COURT, Washington, D.C. from the order of the UNITED STATES COURT OF APPEALS for the SECOND CIRCUIT entered April 4, 1983. (Foley Square, New York, N.Y.)

Dated: April 15, 1983
New York, N.Y.

Yours, etc .,

Millicent Linden

Millicent Linden
Plaintiff
500 East 74th Street
New York, N.Y. 10021

To: Clement H. Berne
Assistant Attorney General
State of New York
Two World Trade Center
New York, N.Y. 10047

U.S. COURT
Rec'd by
4/19/83

UNITED STATES COURT OF APP$ALS
FOR THE SECOND CIRCUIT

MILLICENT LINDEN,

Plaintiff-Appellant,

-v-

STATE OF NEW YORK,

Defendant-Respondent.

ATTESTATION OF SERVICE

Pro-Se 82-7784
82 Civ. 4684

I, Millicent Linden declare under penalty of perjury that I have served a copy of the attached NOTICE OF APPEAL upon Clement H. Berne, Assistant Attorney General, State of N.Y. by mailing it to Two World Trade Center New York, N.Y. 10047 from the mailbox at York Ave. & 74th St.

Dated: April 15, 1983
New York, New York

Millicent Linden
Signature

500 East 74th Street
Address

New York, N.Y. 10021
City, State & Zip Code

UNITED STATES COURT OF APPEALS
FOR THE SECOND CIRCUIT
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MILLICENT LINDEN,

Plaintiff, -
Appellant,

- v. -

RANDOM HOUSE, INC.,

Defendant. -
Respondent.
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Docket No. 7859 / 82

80 Civ. 5722

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To: Satterlee & Stephens
Defense Attorney
277 Park Avenue
New York, N.Y. 10172

Fee By Sheila Watkins
Gen. Clerk
USCA, 2nd Cir
4/19/83

UNITED STATES COURT OF APPEALS
FOR THE SECOND CIRCUIT

MILLICENT LINDEN,
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-v-

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ORIGINALITY OF TENSION-IN-REPOSE EXEMPLIFIED AND FURTHER SUPPORTED IN RECENT REPORTS

THE NEW YORK TIMES,
SUNDAY, SEPTEMBER 5, 1982

Tracking Down a Cancer Mystery

Like detectives tracing a murder weapon to a neighborhood, a house and then a room within the house, some medical researchers are trying to trace the cause of cancer to a cell's genetic material, a single chromosome of that material, a single gene on the chromosome. Scientists from the Massachusetts Institute of Technology and the National Cancer Institute reported last week that they may have gone one better — tracing a cancer mechanism to a single chemical subunit of a gene. What the mechanism is and how it works remains a mystery. But cancer specialists meeting in Buffalo, where the new finding was presented, called it an important advance in the field.

The scientists were studying a group of human genes called transforming genes, because they can transform certain laboratory-grown cells from a normal to a cancerous state of uncontrolled growth. When research institutions recently found that transforming genes have normal counterparts in human tissue, a path was opened to finding a cancer mechanism. But scientists first had to determine the differences between the normal and abnormal genes.

Their task was complicated by the complexities of gene structure — the bladder cancer gene studied at M. I. T. and the cancer institute comprises 6,600 chemical subunits — and by the many ways in which analogous genes can be dissimilar. One theory, for example, held that the genes differ in activity, in whether and when they are turned "on" or "off" and thus whether their genetic instructions are activated. The M. I. T. and cancer institute scientists found the difference was structural.

COIL-RECOIL SPIRAL CENTRIFUGAL CENTRIPETAL OPPOSITE DIRECTIONS IN EQUILIBRIUM GIVE SELF-GENERATED CONTROLLED MOVEMENT SPONTANEOUSLY

IN ABSENCE OF RETRACTION ONLY THE SPIRAL-COIL DESIGN GIVES USED TENSION-IN-REPOSE

HISTORICALLY — TRADITIONAL MINIMAL MINUS GREATER OF THE WHOLE STRUCTURAL FOIL WHOLE EFFICIENCY

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The human body is a unit, but it is not envisioned as a unit to work in unison.

The attention, time and resources, are focused on internal parts; the unit is overlooked as a priority, first focus, and the repeated observation, underlined in the article, surfaces in all endeavors: "What the mechanism is and how it works remains a mystery."; the last statement reports that the "scientists found the difference was structural".

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The documented experiment of cutting off the edge of a leaf and photographing its electrical form displays sharply, concretely that the form design remains though the edge is cut.

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Tension - in - Repos

TENSION-in-REPOSE Millicent Linden
500 East 74th Street New York N.Y. 10021 Home Series Cour

Tension - in - Repose

500 EAST 77th STREET · NEW YORK, N. Y. 10021

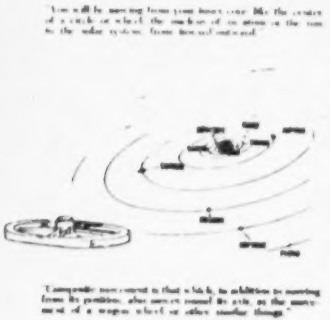
MILLICENT LINDEN, Director

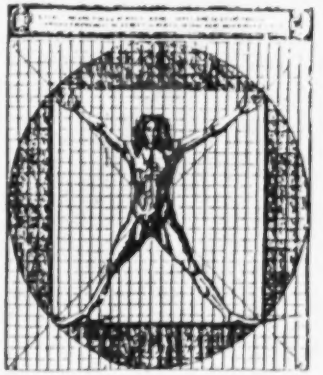
TENSION-in-REPOSE is the O R D E R of the U N I V E R S E . All HEAVENLY BODIES are composed of CONCAVE curves; ALL LIFT STEMS FROM THE CONCAVE CURVE; Tension-in-Repose is based on the ConCAVE curve from the three-dimensional S P H E R E in all diversified, ORIGINAL designs for HUMAN ANATOMY giving EVERYONE a TRUE, actual, PHYSICAL L I F T . All Y O U T H is known to feel and have LIFT; Tensions-in-Repose is the FOUNTAIN OF Y O U T H .

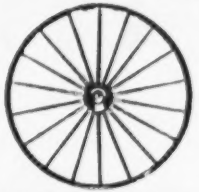
Copyright By Millicent Linden 1961-2,1966-7+8, 1977, 1983

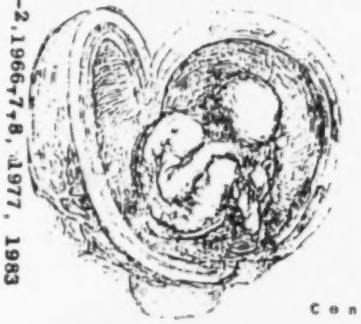
YOUR BODY A SOLAR SYSTEM

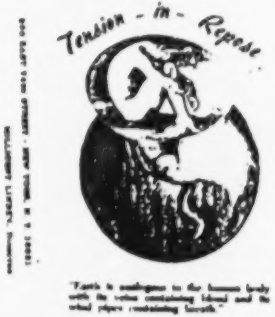
Spirals ALL

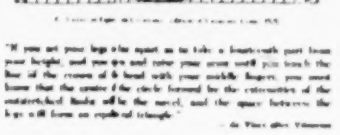


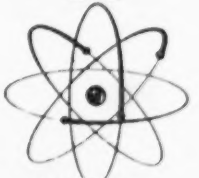












Concave Curves ALL

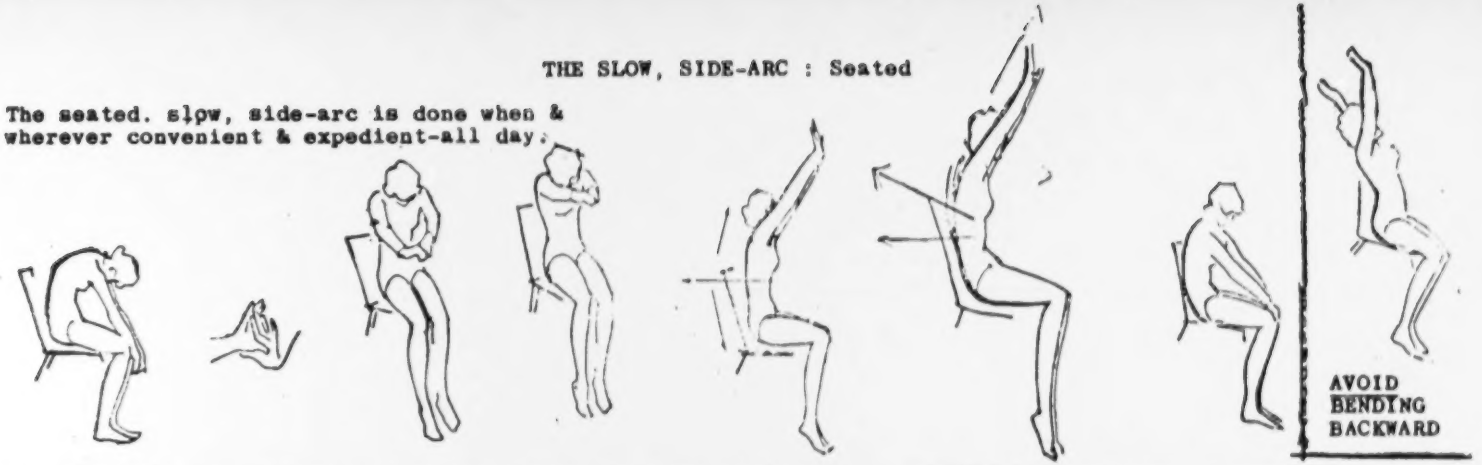
(Excerpted from:
WHY YOU SHOULD NOT EXERCISE
"Weightlessness for Earthlings"
Millicent Linden 1961)

ATOM

All matter is composed of A T O M S ; it is three-dimensional as are all SPHERES. The wheel compares to the Solar System only in the broad pattern of having a center and a periphery. There are no wheels in nature because the wheel is FLAT; equilibirum demands full perspective of 3 dimensions so that forces can move in opposite directions all at once and support each other entirely in all points of a 3-dimensional SPHERE, making matter contained, independent, protecting internal activities, enclosed, encased all around, allowing at the same time contact all around for all outside. The closed circuits allow for contained PRESSURES-in-EQUILIBRIUM in all degrees: TENSION-in-REPOSE.

THE SLOW, SIDE-ARC : Seated

The seated. slow, side-arc is done when & wherever convenient & expedient-all day.

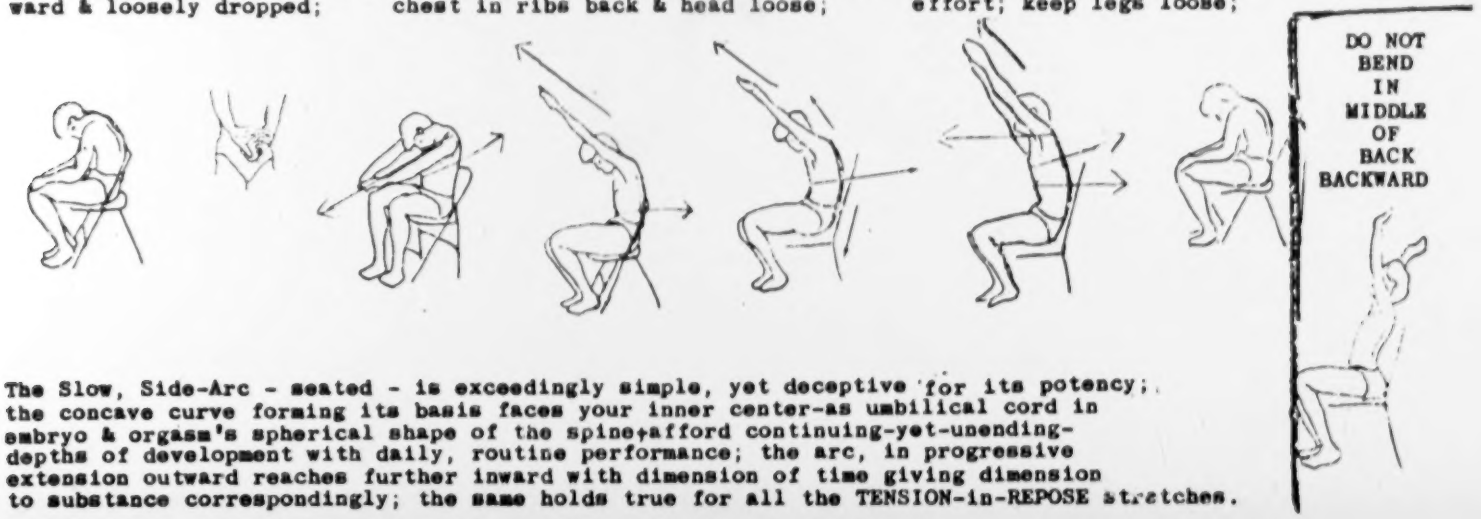


Sit SLUMPED in hard chair; clasp hands-thumb in palm; note spherical curve to spine in concave arc;with shoulders forward, chest in toward spine, head forward & loosely dropped;

maintain chest in; ribs back & up; bring shoulders forward FIRST before raising arms & lifting entire rib cage upward in backward position; keep head loosely dropped; raise ribs & shoulders higher still with chest in ribs back & head loose;

continue exact same pattern of shoulders forward, chest in & down, ribs back, keep buttocks firmly down without exertion of effort; keep legs loose;

stretch to played-out capacity & let go for full reactions in free play.

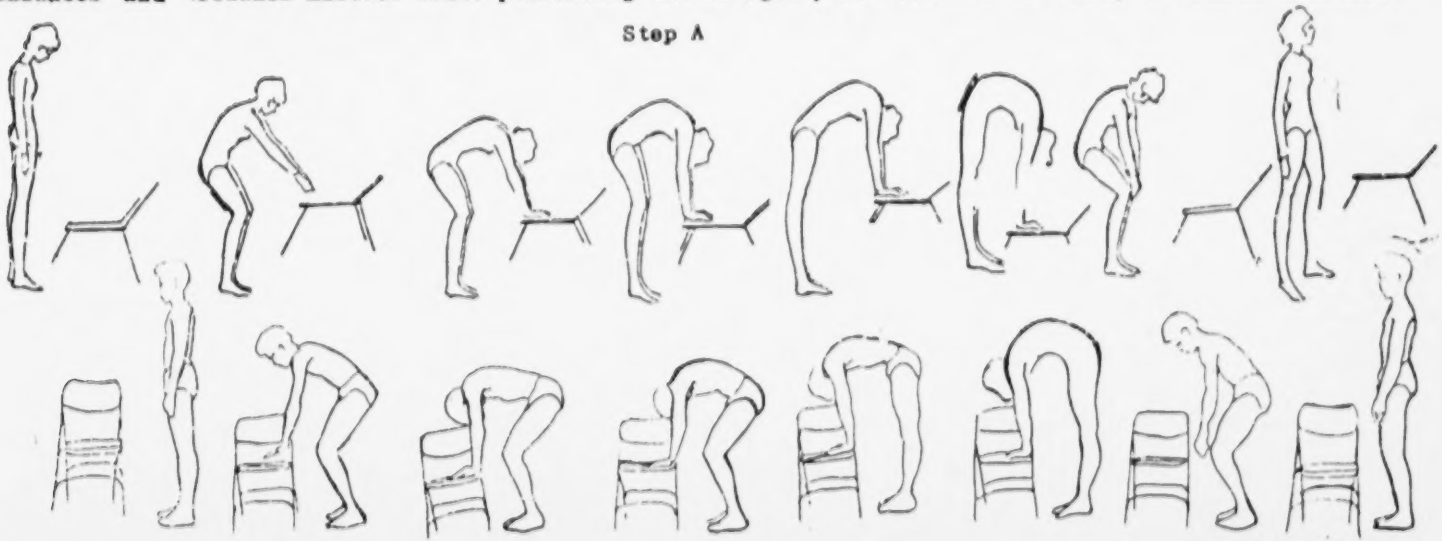


The Slow, Side-Arc - seated - is exceedingly simple, yet deceptive for its potency; the concave curve forming its basis faces your inner center-as umbilical cord in embryo & orgasm's spherical shape of the spine affords continuing-yet-unending-depths of development with daily, routine performance; the arc, in progressive extension outward reaches further inward with dimension of time giving dimension to substance correspondingly; the same holds true for all the TENSION-in-REPOSE stretches.

THE QUADRUPED STRETCH

This Tension-in-Repose Stretch is done in 3 steps: A-B-C; A is to be done by everyone regardless of physical agility of any degree; the purpose is to allow the body natural ease to accommodate it to new adjustments, to absorb the instructions in a state of easy comfort, & to establish the linking connections developing to progressive steps B & C. The Quadruped is done but once at each performance, but may be repeated whenever desired or required; e.g., refreshment from fatigue of any kind, ease aches, dissipate frustrations &/or excess tensions, etc., throughout the day; allow a minimum of five minutes between performances, or space for mid-morning, mid-afternoon & evening. The basic, broad design is patterned after the sound engineering of the bridge, seen in the structure of the four-footed animals, & serves to distribute body weight more evenly which in turn equalizes muscle pressure more evenly & alleviates undue strain yet balances stress thus introducing rest inherent in balances and relaxes muscles while preserving the integrity of movement necessary to muscle function.

Step A



Face chair Feet parallel; (4 inches apart) Lightly press heels firmly down on floor; Slacken body.

BEND KNEES!

Reach with arms to chair seat; keep body loose.

Place whole of hands on chair seat; Drop head loosely; keep heels down firmly.

Lift chest upward to ease shoulders forward & to keep hands totally down on chair seat.

Raise ribs upward with continuing lift with chest for deeper arch; knees straighten involuntarily with arching

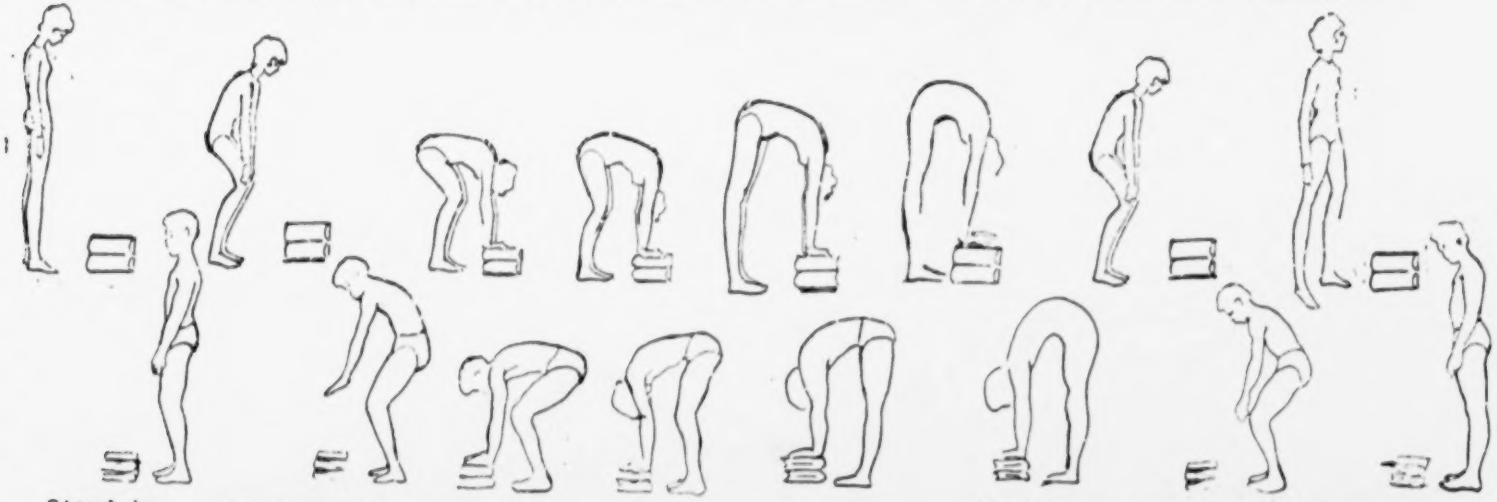
Continue all foregoing for highest arch; thighs move backward; shoulders forward.

BEND KNEES when muscles played out to utmost to stand again

Stand in place to let reactions take over.

THE QUADRUPED : Step B

The principles for step B of the Quadruped Stretch are the same as those of step A; the difference lies in the use of a lower height from the floor than the chair seat. A coffee table, foot stool, or thick books are used for a raised height from the floor upon which to place the hands. The distance judged is to accommodate the reach of the performer: to avoid undue strain and to permit progressive extension of increased reaching development of the body. The able performer may do step B after step A; for the less able, step A is to be done for a period of 4 weeks before going on to step B. Different heights upon which the hands are placed create difference experiences of sensations; at no time is force ever to be employed beyond the body's momentary capabilities. The arching of the spine is the focus, & the remaining actions react accordingly, therefore, it is never necessary to forcibly straigthten the knees beyond comfortable, easy & accessible exertion of the entire action acting as a whole: the arching determining the extent of the straightening of the knees with development of time in daily practice. Within the arching of the spine, the body sets its own pace and does its own pre-ordained functions unimpeded by unnatural impositions.



Stand in front of books; feet parallel; 4 inces apart; heels firmly down; Slacken body.

BEND KNEES! Reach towards floor with arms; keep body loose.

Place whole of hands on books; drop head loosely; keep heels down firmly.

Lift chest upward to ease shoulders forward & downward & to keep hands down up to edge of wrists.

Raise ribs upward; chest moving back towards arching spine; buttocks back; shoulders forward; feet & hands down, head loose.

ARCH to capacity extension; do not force knees to straighten; stretch to comfort & only just slightly beyond

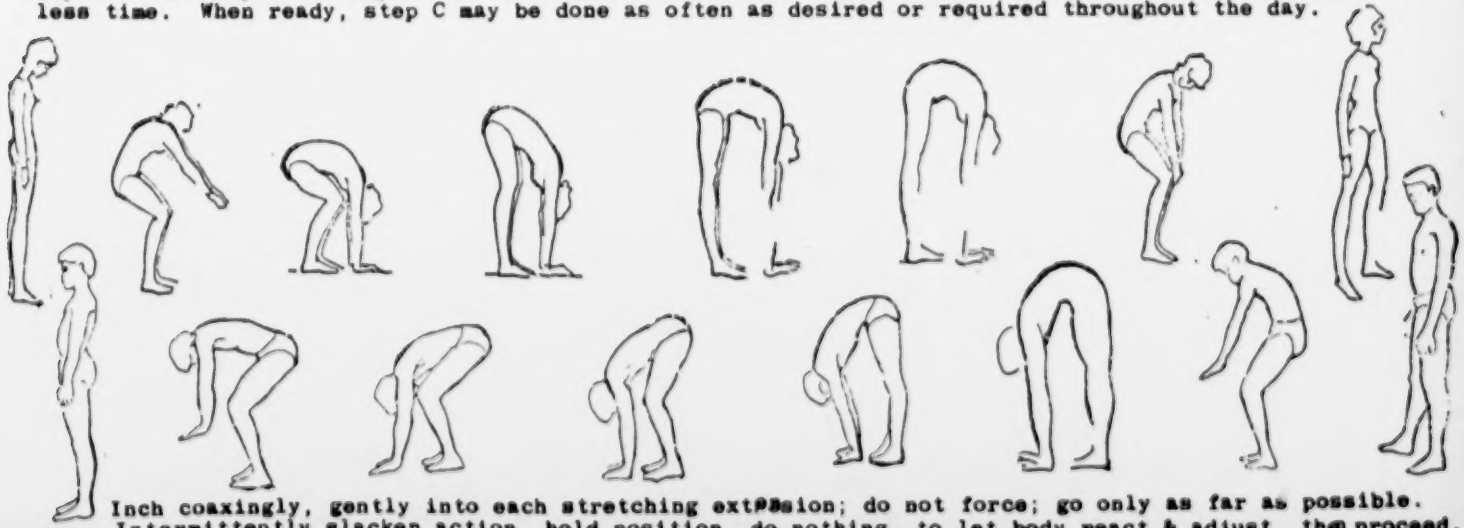
When muscles feel played out, BEND KNEES! before standing back to upright posture.

Stand in place so that all reactions can take place.

Allow some seconds in each step for body to react; do nothing

THE QUADRUPED : Step C

Step C of the Quadruped Stretch follows the common, root principles of steps A & B; the difference lies in reaching to the floor without any raised heights from it. The traditional, familiar practof bending down exercises is to touch the floor with straight knees. Two main reasons why this practice is both non-constructive & detrimental lies in the rampant physiological fact that knees are joints meant to bend for the coiled up spring geared to the fundamental support of movement for the whole body, as the pelvis is the foundation of the body and the muscles of the thighs & legs have their origins in the pelvis; bending forward with straight knees, trunk & lower spine act as levers whose fulcrum is at the center of the lumbar disks: forces brought to bear at this point can total 3½ times body weight-the lower end of the spine is the short lever, the upper part is the long lever, the strain, therefore, lies in that part of the spine known as the lordotic convex curve & the common weakness of all human anatomy which becomes accented when bending over with straight knees. All four-footed animals have flexed joints in their hind legs and flex those joints in all actions: walking, running, pouncing, etc. All human jumping & running as well as walking naturally begins with knees flexed. To keep them straight is unnautral & academically unsound. Knees are flexed in bending over in each of the 3 Quadruped Stretch & become straightened in reaction to the arching of the back INVOLUNTARILY to function in total cooperation & in synchronization of all the inner body functions thus distributing each burden to its own inimitable function without undue pressure or interference & enable it to perform freely and fully. Even the agile of body will feel a decided difference in sensation between bending over with straight knees initially and bending over with flexed knees at the beginning. Everyone performs step B in preparation for step C, some may have to stay with step B for several weeks before feeling ready for step C; others may require less time. When ready, step C may be done as often as desired or required throughout the day.



Inch coaxingly, gently into each stretching extension; do not force; go only as far as possible. Intermittently slacken action, hold position, do nothing, to let body react & adjust, then proceed.

The New-York Times
September 5, 1882.

MISCELLANEOUS CITY NEWS

EDISON'S ELECTRIC LIGHT.

"THE TIMES" BUILDING ILLUMINATED BY ELECTRICITY.

Edison's central station, at No. 257 Pearl-street, was yesterday one of the busiest places down town, and Mr. Edison was by far the busiest man in the station. The giant dynamos were started up at 3 o'clock in the afternoon, and, according to Mr. Edison, they will go on forever unless stopped by an earthquake. One-third of the lower district was lighted up, the territory being within the boundaries of Nassau and Pearl streets and Spruce and Wall streets. During the past few weeks the Edison Electric Illuminating Company has been engaged in completing the installations in the premises of its customers by insertion of meters and lamps, and in procuring inspection of such premises by the Fire Underwriters. As the Board of Underwriters has but one expert, Mr. Osborne, the progress has been necessarily slow, but such portion as has been inspected was supplied last night. Mr. Edison said that the work will be pushed as rapidly as possible, so that the rest of the district – that lying between Pearl-street and the East River and Spruce and Wall streets, will soon be lighted. The laying of the steam-heating pipes, Mr. Edison added, had interfered with some of the pipes of his company, and it might be necessary to-day to shut off the current in that portion of the district wherein THE TIMES office is situated. The current would be shut off until his pipes could be shored up in that neighborhood.

Yesterday for the first time THE TIMES Building was illuminated by electricity. Mr. Edison had at last perfected his incandescent light, had put his machinery in order, and had started up his engines, and last evening his company lighted up about one-third of the lower City district in which THE TIMES Building stands. The light came in in sections. First there came in a series of holes in the floors and walls, then several miles of protected wires, then a transparent little pear-shaped glass globe, and, last of all, the fixtures and ground glass shades that made everything complete. They were temporary fixtures to give the light a trial, and so were put in with as little tearing and cutting as possible. To each of the gas fixtures in the establishment a bronze arm was attached, and the electric lamps were suspended from the ends of these arms. The lamp is absolutely inert. At the top is a brass circle, from which are suspended the shade and the lamp proper. The latter is a glass globe about four inches long, and the shape of a drooping tear, broad at the bottom, narrow in the neck, in which is inclosed the carbon horseshoe that gives the light. The globe is air-tight, and the air has been exhausted, leaving the carbon horseshoe in a perfect vacuum. When the thumbscrew is turned, and the connection with the electric wires is thus formed, the electric current makes this carbon so brilliant that it would be unpleasant to look at. It is not intended to be looked at, however, being entirely hidden by the ground glass shade. The whole lamp looks so much like a gas-burner surmounted by a shade that nine people out of ten would not have known that rooms were lighted by electricity, except that the light was more brilliant than gas and a hundred times steadier. To turn on the light nothing is required but to turn the thumbscrew; no matches are needed, no patent appliance. As soon as it is dark enough to need artificial light, you turn the thumbscrew and the light is there, with no nauseous smell, no flicker and no glare.

It was about 5 o'clock yesterday afternoon when the lights were put in operation. It was then broad daylight and the light looked dim. It was not till about 7 o'clock, when it began to grow dark, that the electric light really made itself known and showed how bright and steady it is. Then the 27 electric lamps in the editorial rooms and the 25 lamps in the counting-rooms made those departments as bright as day, but without any unpleasant glare. It was a light that a man could sit down under and write for hours without the consciousness of having any artificial light about him. There was a very slight amount of heat from each lamp, but not nearly as much as from a gas-burner – one-fifteenth as much as from gas, the inventor says. The light was soft, mellow, and grateful to the eye, and it seemed almost like writing by daylight to have a light without a particle of flicker and with scarcely any heat to make the head ache. The electric lamps in THE TIMES Building were as thoroughly tested last evening as any light could be tested in a single evening, and tested by men who have battered their eyes sufficiently by years of night work to know the good and bad points of a lamp, and the decision was unanimously in favor of the Edison electric lamp as against gas. One night is a brief period in which to judge of the merits or demerits of a new system of lighting, but so far as it has been tested in THE TIMES office the Edison electric light has proved in every way satisfactory. When the composing-room, the press-rooms, and the other parts of THE TIMES Building are provided with these lamps there will be from 300 to 400 of them in operation in the building – enough to make every corner of it as bright as day.

A STOLEN YACHT RECOVERED.

HOW THE GUINEVERE WAS FOUND BY THE WIFE OF HER OWNER.

The Guinevere, one of the swiftest [illegible] the Columbia Yacht Club, was stolen [illegible] club moorings at the foot of Eighty [illegible] North River, during the night of [illegible] owner of the yacht, a gentleman re[illegible] Eighty-second street, at once beg[illegible] her. The Police were inform[illegible] detectives were detailed to se[illegible] River and two more were [illegible] search the North River. The wife [illegible] who took great pride in the Guine[illegible] frequent excursions in search of [illegible] Wednesday last, while at Glen Island [illegible] the Guinevere approaching from th[illegible] pointed out the yacht to a Police offic[illegible] possession of it. The occupants state[illegible] had borrowed it of a Mr. Davis, an and[illegible] New-Rochelle. That gentleman stated [illegible] yacht had been left in his po[illegible] Coroner Huyler, of Port [illegible] whose hands it came on Au[illegible] young man who had represe[illegible] owner, and who is thought [illegible] sons who originally stole [illegible] while cruising in the ya[illegible] delivered to her owne[illegible] the Columbia Yacht [illegible] The Guinevere was o[illegible] McCarthy, and was [illegible] ers. She proved re[illegible] off the prizes [illegible] build was very [illegible] amount of [illegible] was bought [illegible] who chang[illegible] new name[illegible] boats of [illegible] the Cu[illegible] o'cloc[illegible] dark[illegible] ord[illegible]

TENSION-in-REPOSE, by Millicent Linden parallels the principles of Edison's illuminating incandescent glass-globe lamp, reinforcing the air-tight connections making the whole body work as a unit in unison.

The unprecedented T-in-R program brings unprecedented effects and results: the feels lighter, sleeps better, displace[illegible] undesi[illegible] habits re-laxe[illegible] all tensio[illegible] giv[illegible] mor[illegible] ener[illegible] gy & sta-mina, improve circula-tion, & etc.

Copyright 1882 The New York Times

Tension - in - Repose

MILLICENT LINDEN

TENSION-in-REPOSE is a single, all embracing action stemming directly from the physical HARMONY of the SPHERES; it gives you an unprecedented warmth that only your own body has and communicates itself naturally, especially for your preferred contacts, physical and intangible, to give you:

- full slimness; symmetry;proportion
- aligns your spine; stand tall freely
- earthly weightlessness-body buoyancy
- dissipates compulsions-all addictions
- resolves all tensions automatically
- normalizes hypertension
- opens spaces between vertebrae
- improves circulation in everyone
- strengthtens structural weaknesses
- improves memory; clears the head
- protects your heart
- helps your doctor's help
- increase stamina
- enhances all sexual activity
- natural sex pattern dispels impotence
- resists colds
- dispels all boredom
- baby-like slumber for all
- affects all dispositions with cheer
- reaches umbilical center for serenity
- join the universe as the Earth does

S P H E R E S
consist of concave curves.
ALL ANIMALS' & BABIES'
self-care consists of ARCHING
the spine in a concave curve
the exact opposite of the
convex arch all human adults do;
convex curves impede circulation
concave curves open to capacity
ALL LIFT STEMS FROM THE
C O N C A V E C U R V E

Your body receives a physical LIFT you feel instantly and sustains itself cumulatively.

In nature, elements are situated one within the other; only the concave brings the elements together to work in unison, as action & reaction; opposites work together; your body stands more upright INVOLUNTARILY straightening the spine in all directions in reaction to the concave action, stretching BOTH ends simultaneously all directions of the SPHERE for jet propulsion, the force that knows and pulls all parts as established in order. the abdomen automatically flattening itself as in harmony of love.

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MILLICENT LINDEN, Director

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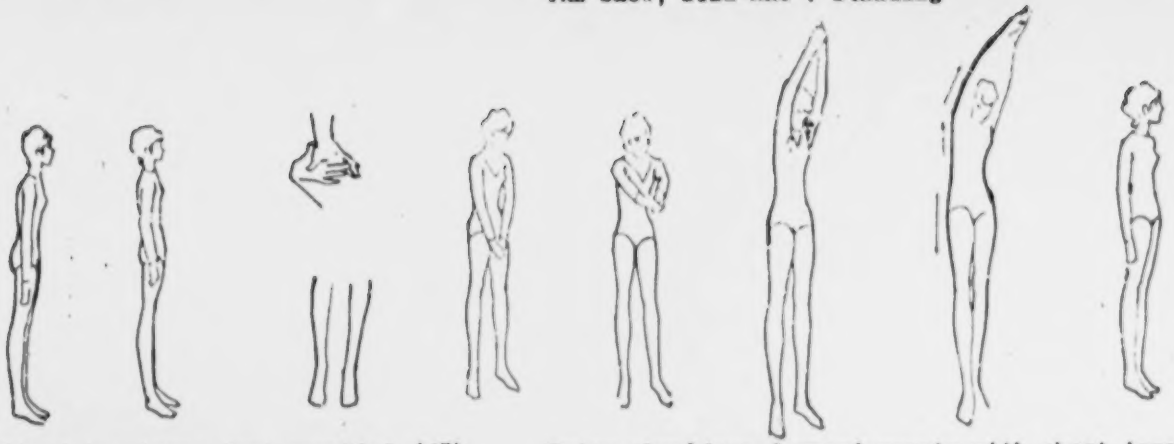
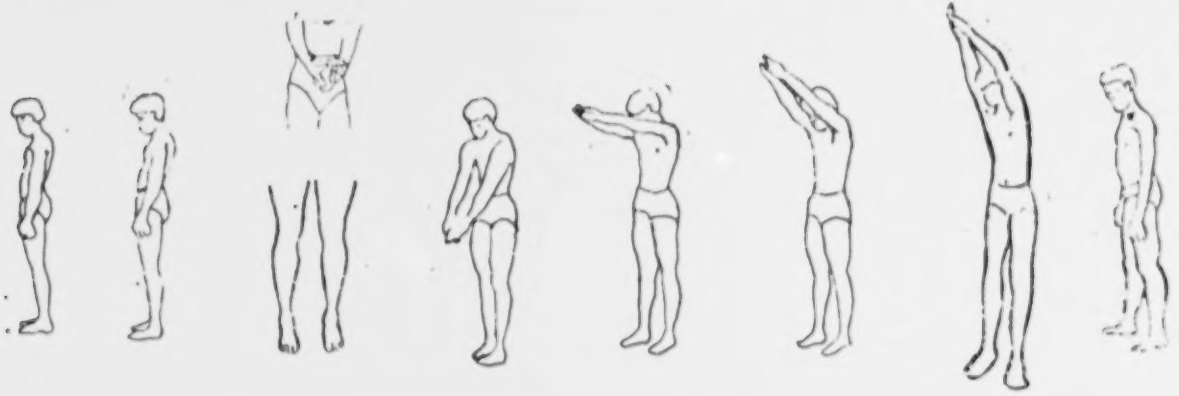
THE SLOW, SIDE-ARC : Standing



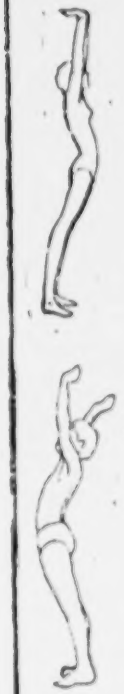
Stand in place; feet parallel,(4") lightly press heels on floor to shift from acute to right angle of the axis of the body; clasp hands, thumb in palm; slacken body, head loose;

Bring shoulders forward-reacts with chest inward; keep thighs, knees, feet in place, steady & stable; keep shoulders forward, chest in, raise arms, keep arms loose, raise ribs keeping hips down, maintain shoulders forward, chest down, whole rib cage up.



The Slow, Side-Arc - standing - is done at any time, anywhere, requiring nothing more than the space you stand in; it is done once, but repeated at will throughout the day as desired &/or required; avoid tendency to stretch shoulders backward: keeps you from facing your inner center & senses.

..., NO
NEVER!
NEVER!



DO NOT
BEND
BACKWARD
IN
CONVEX
CURVE

THE REST-LOVE STRETCH

Lie on floor-or raised, hard surface; bring arms overhead; To bring convex curve in middle of back
Feet parallel to each other-4"apart; clasp hands, thumb in palm; down to touch floor, move shoulders to
stretch whole rib cage & arms along floor;

To avoid bunched, "Popped-up" let go any hold on muscles; Let head fall inward to tilt chin in
abdominal muscles, stretch shoulders tilt pelvis forward & up & down; maintain tilted pelvis & ex-
further along floor, keep arms loose; with slightest of movement; tension between hib & rib cages;

Stretch shoulders along floor while slowly sliding heel of one foot along floor at the same time;
Continue same action: move shoulders and foot simultaneously to maximum extent; do not straighten knee:
return leg to original position

wait for reactions; few seconds; alternate with other leg; return leg; let go all hold for all reactions.

The Rest-Love Stretch at any time-convenient place; practical before retiring when there is no rushing;
Look for stretching-connection between abdomen & chest during extension of leg & arms in opposite direction:
precipitates a thoroughness of contact with a sense of "rightness" felt all at once all over the body;
Life & love & living cells'functions occur simultaneously; common pattern: concave curve, shoulders
forward & up, pelvis tilted forward & up in embryo & orgasm; note: all-action take place in main body.